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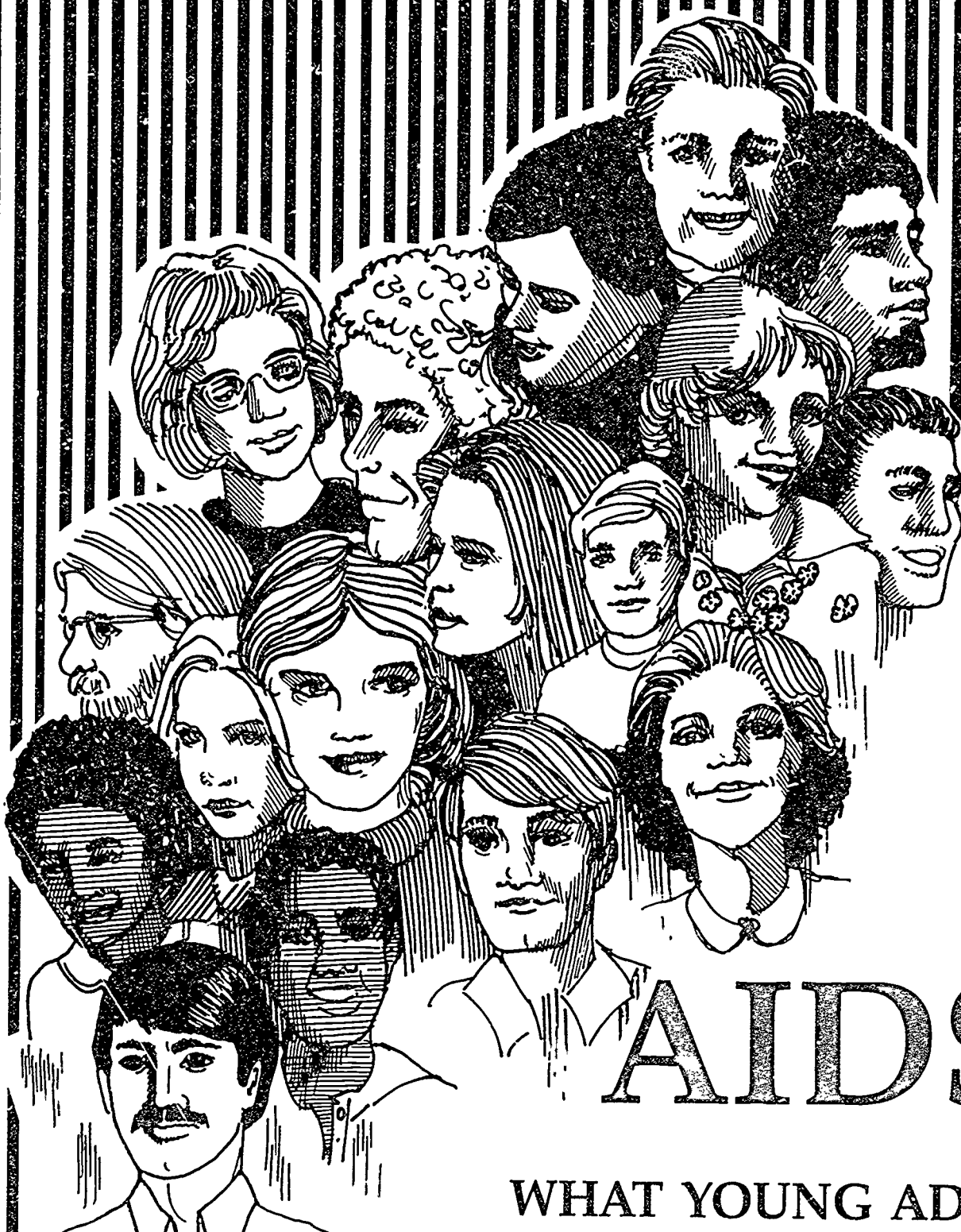
## ABSTRACT

This curriculum allows students to learn about Acquired Immune Deficiency Syndrome (AIDS) at their own pace. The Instructor's manual presents the goals of AIDS education in a three-session lesson plan. The manual also outlines eight learning opportunities to reinforce in students the personal health behaviors and attitudes emphasized in the guide. Text questions are included along with a list of answers to commonly asked questions. Appendices contain student handouts and worksheets for learning experiences. The instructional emphasis of the student book is on personal preventive behaviors. Myths about AIDS transmission are discussed and students are encouraged to be advocates for AIDS prevention efforts. The material is divided into four sections dealing with: (1) the nature and definition of AIDS; (2) how AIDS is transmitted; (3) how AIDS can be prevented; and (4) what else students need to know. (JD)

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# AIDS:

## WHAT YOUNG ADULTS SHOULD KNOW

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Instructor's Guide

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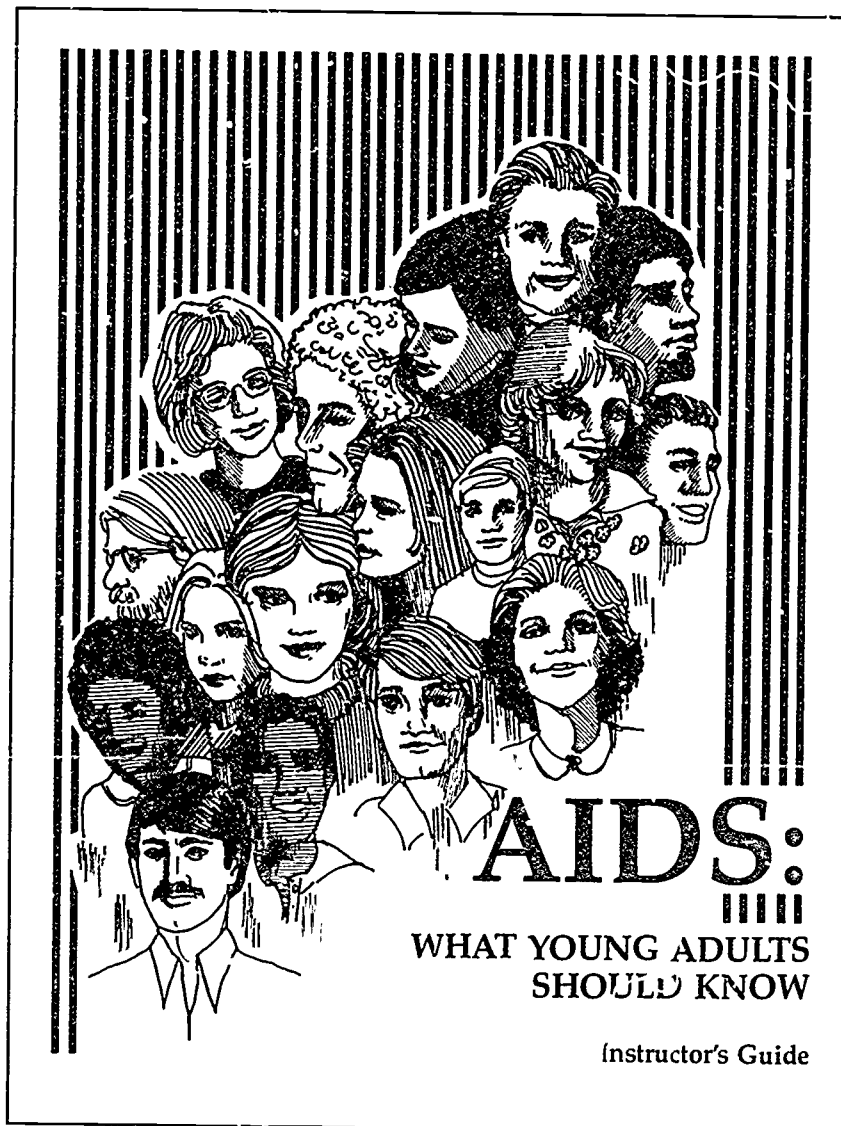
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**AIDS:**  
**WHAT YOUNG ADULTS SHOULD KNOW**



William L. Yarber  
Professor  
Department of Applied Health Science  
Indiana University  
Bloomington, IN 47405

1987

American Alliance for Health, Physical Education, Recreation and Dance, 1900 Association Drive, Reston, Virginia 22091



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## PREFACE

The acquired immunodeficiency syndrome, or AIDS, has become one of our most serious health problems. The number of cases is increasing in the United States and many nations of the world. Since there is no cure for the condition, most persons who develop AIDS eventually die. Further, there is no vaccine that could protect individuals from getting the virus.

Because of the present lack of a medical solution to AIDS, prevention has been identified as the only available strategy for controlling AIDS. The condition is preventable, and persons must be informed about what behavior results in infection and motivated to avoid such behaviors. Since school attendance is the universal experience of young people, AIDS education in the classroom is a valuable component in efforts to promote preventive behaviors. Hopefully, proper education about AIDS in the school setting will reach the young adult before risky health habits related to AIDS are adopted or firmly established.

This manual accompanies the student book, *AIDS: WHAT YOUNG ADULTS SHOULD KNOW*. The manual begins by presenting the goals of school AIDS education and a three-session lesson plan. Chapter 2 presents eight learning opportunities. These learning opportunities reinforce the personal health behaviors and attitudes emphasized in the student book.

Five different types of test questions are presented in Chapter 3. Answers to commonly asked questions about AIDS follow in Chapter 4. Lastly, Appendix A contains handouts which can be reproduced for students, and Appendix B contains student worksheets for use with the learning opportunities.

This curriculum is designed for use at the secondary school level, from middle/junior high school to senior high school.

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## Chapter 1

### AIDS EDUCATION AND SUGGESTED LESSON PLAN

#### Goal of AIDS Education

Education about acquired immunodeficiency syndrome, like instruction concerning the sexually transmitted diseases (STD), should prepare individuals to protect themselves and others from infection. That is, following instruction about AIDS, students should act more responsibly and make decisions that will contribute to their health and well-being.

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#### Learning Domains Approach

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A widely accepted principle of health education advocates that instruction designed to affect voluntary adoption of health-conducive behavior should address knowledge, attitude, and skill. This curriculum was developed to reflect this teaching philosophy.

#### 1. Accurate and Relevant Knowledge

Many previous STD curricula have emphasized the biomedical aspects of the diseases. Less attention was given to the health behaviors. Most of the medical facts are not relevant to providing students the knowledge needed to avoid infection. The current philosophy of STD and AIDS education emphasizes information about how to avoid infections with the germs that cause the diseases, what to do once an infection or disease is suspected/diagnosed, and what can be done to help stop their spread.

For AIDS instruction in particular, *emphasis should be on the personal behaviors that put a person at risk for acquiring the AIDS virus and that help one avoid infection*. Attention should *not* be on the high-risk groups, per se. For example, students should be informed that exposure to the virus results from practicing risky sex and IV drug behaviors, and not from being a particular sexual orientation, such as homosexual. Further, suggestions for preventing contraction of the virus should be simple and direct since the virus is spread only a few ways and only a few behaviors are necessary to prevent infection.

AIDS education also should discuss the dangers of having the virus and dispel myths about how the virus is passed. Misunderstanding about the contagiousness and methods of transmitting the AIDS virus has led to unnecessary alarm and fear about AIDS.

#### 2. Attitudes Conducive to Health Promotion

Attitudes have a strong influence on the individual's health behavior. This is particularly true about AIDS and STD because of the negative social attitudes many people have developed toward these diseases.

Education about AIDS should be directed toward student acceptance of the possibility of exposure to the virus and the need to practice preventive behaviors. AIDS education also needs to emphasize a mature attitude in assuming a responsibility for the health of others.

#### 3. Skills

Instruction should provide as much rehearsal as possible of AIDS preventive behaviors. Since most of the behaviors cannot be actually practiced in the classroom, exercises involving related behaviors or simulation of behaviors can be conducted. For example, decision-making and problem-solving relative to AIDS situations can be practiced.

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#### Features of This AIDS Curriculum

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The instructional emphasis of the student book is on personal preventive behaviors. Further, myths about AIDS virus transmission are discussed and students are encouraged to be advocates for AIDS prevention efforts. The material is divided into four sections:

- AIDS: What It Is
- The AIDS Virus: How It Is Transmitted
- The AIDS Virus: How It Can Be Prevented
- AIDS: What Else I Need to Know

Students can be assigned to read the textbook without classroom discussion. However, class activities can enhance understanding of the important concepts. Knowledge and attitude questions in pretests (called Self-Test I and Self-Test II) assist in this process. The same questionnaires can be taken after completing the book to determine if the text affected knowledge and attitude. Also, the important concepts of the text are reinforced at the end of the text through review questions and a problem-solving situation.

The text was written to accommodate the reading ability of the majority of secondary school students. The reading level has been tested to be within the early secondary school grades. To enhance student comprehension, key words are italicized when they first appear in the text, indicating that the word is found in the pronouncing glossary.

The student book also includes two other features:

- A form for listing sources of local AIDS/STD information is placed on the inside front cover. A copy of the form, which can be reproduced and given to students, is included in Appendix A of this guide.
- A summary sheet of major AIDS concepts is presented on the inside back cover. A copy of this sheet is included in Appendix A for duplication purposes.

### Implementing The AIDS Education Curriculum

Four major areas should be addressed before implementing this curriculum. Attention to instructor qualities and learning environment, resources, community involvement, and coordination of curriculum with existing STD education will enhance the effectiveness of AIDS education.

#### **1. Teacher Characteristics and Learning Environment**

The teacher should be able to create a "safe" environment in which students can discuss the topic freely. Further, the teacher should be able to lead group and value-clarification activities, and be able to communicate with students with ease, sensitivity, tact, and in an objective, unbiased manner.

#### **2. Resources**

New information concerning the medical and social aspects of AIDS appears almost daily. Even though the health behaviors related to AIDS are

not likely to change, new scientific data that the instructor should know will become available. The instructor should keep current about AIDS. Up-to-date information is available from your local health department or AIDS hotline.

#### **3. Community Involvement**

Most communities have strong interest in school education about AIDS. They generally support instruction, but are often concerned about the exact nature of the course content. This curriculum was written to be accepted by a broad spectrum of communities. Deliberate efforts were made to discuss the material discretely and tactfully, as well as to be scientifically objective.

It is suggested that the curriculum be discussed with representatives of the local community. Typically for the STD instructional area, community involvement in the curriculum process leads to strong support for teaching the subject. Students should be encouraged to share their AIDS book with parents. This can address some of the concerns, fears, and questions that parents may have.

#### **4. Coordination of Curriculum with Existing STD Education**

Even though the AIDS problem has become very serious, education about the condition should be complemented with other STD instruction. A young adult is much more likely to be affected by another STD other than AIDS. Nearly one-half—or ten million—of those infected by an STD are under age 25. This fact can be used to demonstrate the extent to which AIDS-related, high-risk behaviors are prevalent among young adults.

The lesson plan for this curriculum, given below, suggests three class sessions. Approximately five additional sessions should be devoted to other STD. A STD curriculum that emphasizes preventive health behaviors, such as *STD: A GUIDE FOR TODAY'S YOUNG ADULTS\**, should be adopted.

This AIDS curriculum is modeled after the above STD curriculum, which also has both the student and teacher's manual. The STD curriculum suggests a five-session lesson plan that includes similar activities and learning opportunities used in this AIDS curriculum. Hence, both curricula could be easily used together.

\* For a description and order form contact: American Alliance Publications, P.O. Box 704, Waldorf, MD 20601



## Suggested Lesson Plan

The unit is designed for three class sessions, or about 150 minutes. The plan incorporates learning opportunities (LO) with sections of the student manual. The activities are listed in a suggested sequence, with the exact manner in which they should be completed being left to the discretion of the teacher. Teachers are encouraged to use class discussion rather than lecture as the primary instructional strategy.

The amount of discussion time used for each activity and the choice of LO and optional activities should be based on the grade level and maturity of students. Directions for completing each LO are found in Chapter 2.

- Day 1
1. Read Introduction
  2. Complete and discuss Self-Test I and II
  3. Assignments:
    - (Optional) LO6 for session 3
    - Complete for session 2: Check-Up, What Do You Think?, Life Situation
  4. Reading period: students read text of book

- Day 2
1. Discussion of Check-Up, What Do You Think?, Life Situation
  2. LO1 or LO2
  3. LO3 or LO4

- Day 3
1. (Optional) LO6
  2. LO5
  3. LO7 or LO8
  4. (Optional) Self-Test I and II
  5. Read AIDS Summary Sheet

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## Chapter 2

### LEARNING OPPORTUNITIES

In this chapter are a variety of learning opportunities (LO) designed to reinforce material in the student book. Eight different LO are given to account for different levels of student maturity and academic sophistication from early middle/junior high school to late senior high school. Some LO require worksheets, which are located in Appendix B.

The LO follow the basic emphasis of the student book, in that personal behaviors related to AIDS prevention are stressed in contrast to biomedical information. The LO are action-oriented and in-

volve knowledge, attitude, and skill. Activities involving decision-making, communication strategies, examining values, and problem-solving are included.

Before using any LO the teacher should become thoroughly familiar with the purpose and how it is used. The teacher must decide which LO will be assigned as homework and which will be completed only in class. Likewise, the teacher must plan ahead in providing needed materials, such as worksheets.

## INDEX OF LEARNING OPPORTUNITIES

<i>Number</i>		<i>Page</i>
1	SPREAD OF AIDS OPINION .....	6
	Students indicate their views toward an AIDS-related issue by choosing a point along a line representing a continuum of attitudes toward the issue.	
2	UNFINISHED AIDS SENTENCES .....	7
	Students indicate their views toward AIDS-related issues by completing unfinished sentences.	
3	UNCLE BILL'S AIDS ADVICE COLUMN.....	8
	Students, pretending they are Uncle Bill, suggest a solution to AIDS problems presented in letters sent to his column.	
4	AIDS PROBLEM SITUATIONS.....	10
	Students solve specific AIDS problems by providing information for each step of a decision-making sequence.	
5	TALKING ABOUT AIDS PREVENTION .....	14
	Students create a communication model for talking about preventing the transmission of the AIDS virus and practice using the model with another student.	
6	UNANSWERED AIDS QUESTIONS.....	15
	An individual, or a small group of students, collects AIDS-related questions not answered during the unit and calls a local AIDS hotline or the AIDS National Hotline.	
7	AIDS BASKETBALL .....	16
	Students, divided into two "basketball" teams, compete to score the most points by correctly recalling AIDS information from the student manual.	
8	ELIMINATING BARRIERS TO INDIVIDUAL AIDS PREVENTION .....	21
	Using the Nominal Group Process, students identify the barriers that hinder individual use of AIDS sex and drug prevention methods and create solutions for eliminating the barriers.	

## LEARNING OPPORTUNITY #1

### Spread of AIDS Opinion

#### *Purpose:*

To assist students in examining their attitudes toward AIDS-related issues.

#### *Objective:*

The student will indicate his or her viewpoint concerning situations related to AIDS.

#### *Materials:*

Worksheet 1

Pencil

#### *Time:*

15-30 minutes

#### *Utilization:*

- A. Suggestions for all attitude-related activities (LO 1 and 2): The teacher should use discretion in choosing the two attitude learning opportunities, based on school and community views toward class activities dealing with personal attitudes and values. If any are used, the teacher should follow the standard instructional strategies for values exercises.
- 1 Student participation should be voluntary, and the choice of whether or not to participate should be unrelated to the student's class grade.
  2. To ensure anonymity, names should not be placed on the worksheets.
  3. No student should be required to share his or her views with others.
  - 4 Any views expressed should not be labeled as "right" or "wrong" by the teacher. Discussion should examine values that enhance the control of AIDS.
  - 5 The activity should be suited to the particular group of students. (For example, are the students mature enough to handle this activity? Is there sufficient trust within the classroom for open discussion?)
- B. Specific suggestions for this LO.
- 1 Each student should be given Worksheet 1. The student is to indicate his or her views concerning each item and why the position was taken (optional). The teacher must decide and subsequently inform students if the "why" part of each item should be completed.
  - 2 The teacher may choose to have a small group and/or entire class discussion following the completion of the items, respecting the right of each student not to share his or her views. Or, the teacher may decide not to have any class discussion, but allow time for individual student reflection.



3. To get a clearer understanding of the overall view toward the items, the teacher *might* collect the worksheets and summarize the views, followed with class discussion of the results. (*Caution.* Collecting papers may keep students from being honest in responding and might be construed as an invasion of privacy. The activity may be suited for some classes and unsuited for others. If papers are collected, the student should be informed that the sheets will be gathered and that their names should not appear on them.)

## LEARNING OPPORTUNITY #2

### Unfinished AIDS Sentences

#### *Purpose:*

To assist students in examining their attitudes toward AIDS-related issues.

#### *Objective:*

The student will indicate his or her viewpoint concerning situations related to AIDS.

#### *Materials:*

Worksheet 2

Pencil

#### *Time:*

10-20 minutes

#### *Utilization:*

- A The use of this activity follows the same suggestions given for all attitude activities presented in the Utilization section of LO1. Be sure to read those suggestions. Of particular importance are community views toward values-related activities, voluntary and anonymous participation of the student, and the maturity level of the class.
- B. Each student should be given Worksheet 2. After reading the first part of the unfinished sentence, the student is to write in what he or she thinks would complete each sentence.
- C The teacher may choose to have a small group and/or entire class discussion following the completion of the items, respecting the right of each student not to share his or her views. Or, the teacher may decide not to have any class discussions, but permit time for individual student reflection.
- D To get a clearer understanding of the overall class view toward the items, the teacher might collect the worksheets and summarize the views expressed. The results could be discussed with the entire class. (*Caution:* Collecting papers may keep students from being honest in responding and might be construed as an invasion of privacy. The activity may be suited for some classes and unsuited for others. If papers are collected, the students should be informed that the sheets will be gathered and that their names should not appear on them.)

## LEARNING OPPORTUNITY #3

### Uncle Bill's AIDS Advice Column

#### *Purpose:*

To provide rehearsal in solving AIDS-related problems.

#### *Objectives:*

The student will describe the solution to a situation concerning:

1. The surest way of avoiding the AIDS virus. (Letter 1)
2. A monogamous couple's chance of getting the AIDS virus. (Letter 2)
3. The confidentiality of the AIDS antibody test results. (Letter 3)
4. The decision of a woman with a positive AIDS antibody test about becoming pregnant. (Letter 4)
5. Interacting with a friend who has AIDS. (Letter 5)

#### *Materials:*

Worksheet 3

Student book

Paper and pencil

#### *Time:*

10-15 minutes per letter

#### *Utilization:*

- A. The teacher should provide a copy of Worksheet 3 to each student, followed with a description of the activity purpose and strategy for completion.
- B. The activity can be completed by an individual or a small group of students. The latter may be advisable since verbal interaction amplifies learning.
- C. The student should provide a solution to the situation on his or her own paper.

#### *Correct Answers*

Suggested responses are provided following each letter. Students' answers do not need to match the suggested responses word-for-word to be considered correct. Space for adding other possible answers that emerge during the activity is provided.

## LETTER 1

---

Dear Uncle Bill:

I've read that people die from getting AIDS, and that the number of AIDS cases is growing very rapidly. I don't want to take any chances of getting the disease. What's the surest way I can keep from getting AIDS?

For-Sure Sam

Dear For-Sure Sam:

The AIDS virus is passed during sex and by sharing IV drug needles and syringes. Hence, the surest way to avoid becoming infected is (1) to not have sexual intercourse or other intimate sex, and (2) to not use IV drugs. If a person does have sex, condoms should be used. If a person does use illicit drugs, needles and syringes should not be shared or re-used.

Uncle Bill

## LETTER 2

---

Dear Uncle Bill:

Because of all the publicity about AIDS, I've become very afraid of getting it. My boyfriend and I have sex with each other only, and we don't abuse IV drugs. What's my chance of getting AIDS?

Afraid Alice

Dear Afraid Alice:

Unless your partner was infected with the AIDS virus when you started having sex with him, your chances of getting AIDS are virtually zero. Practicing sexual fidelity is a very good way of avoiding AIDS.

Uncle Bill

## LETTER 3

---

Dear Uncle Bill:

I have had sex with someone in a high-risk group. Is it possible that I might have been exposed to the AIDS virus? I'd like to take the AIDS antibody test. But, I'm worried that if the results are positive, they might not be kept private.

Worried Wilma

Dear Worried Wilma:

Yes, you may have been exposed to the AIDS virus. You are smart in wanting to discover if you have the virus. If you are infected, you then can make important decisions about your health and the health of your sex partner(s). The safest place for you to get tested is at an AIDS counseling and testing site. For information about these sites, call your local or state health department. These places provide confidential testing.

#### LETTER 4

---

Dear Uncle Bill:

My husband and I want to have a baby. However, I have been tested as having the AIDS antibody. Is it safe to have a baby? Certainly we don't want our child to get the AIDS virus.

Unsure Ursala

Dear Unsure Ursala:

Most of the children who have the AIDS virus got it from their infected mothers during pregnancy or childbirth. Like adults having AIDS, no infant has recovered. Not every child of an infected mother acquires the virus. Since there is no way to know which baby will become infected, any woman who has a positive AIDS antibody test should postpone becoming pregnant. Perhaps someday medicine will be able to protect a child from getting the mother's AIDS virus.

Uncle Bill

#### LETTER 5

---

Dear Uncle Bill:

A friend of mine recently developed AIDS. I know that he needs my support, and I want to remain friends. But, I'm scared to be around him. I heard you could get AIDS from being near a person who has it.

Concerned Carlos

Dear Concerned Carlos:

I am sorry to learn that you feel scared about being near your friend. Spread of the AIDS virus by casual contact is one of the most common myths. The AIDS virus is *not* spread by being near a person having the virus, nor by hugging and handholding, for example. You are correct that your friend needs your support. Your compassion and help can be very valuable to him.

Uncle Bill

### LEARNING OPPORTUNITY #4

#### AIDS Problem Situations

##### *Purpose:*

To facilitate student understanding of how AIDS-related problems are solved and to provide rehearsal in solving specific problems, using the basic steps in decision-making.

##### *Objectives:*

The student will describe the problem, the important facts, the possible actions, and the best solution to a situation dealing with:

1. Wondering if one has been infected with the AIDS virus. (Problem Situation 1)



2. Avoiding sexual contact with persons who are at increased risk for having the AIDS virus. (Problem Situation 2)
3. Preventing exposure to the AIDS virus. (Problem Situation 3)
4. Learning more and keeping informed about AIDS. (Problem Situation 4)

*Materials:*

Worksheet 4A: Description of Problem Situations

Worksheet 4B: Form for Solving Problems

Student Book

Pencil

*Utilization:*

- A. The teacher should provide a copy of both Worksheets 4A and 4B for each student, followed with a description of the exercise's purpose and instructions for its completion.
- B. The student should provide the information requested on Worksheet 4B concerning the situation(s) described on Worksheet 4A.
- C. The activity can be completed by an individual or small group of students.

*Correct Answers:*

The most desirable answers are given after each question of the problem-solving process. Students' answers do not need to match the suggested responses word-for-word to be considered correct. Space is provided for adding other possible answers that emerge during use of the activity.

**PROBLEM SITUATION 1**

Problem: Tyra hasn't had sex with anyone, but she shares needles when she uses intravenous drugs with her friends. Since reading that AIDS can be passed by sharing IV drug needles and syringes, she wonders if she has gotten the AIDS virus.

1. What is THE PROBLEM?

- Whether or not Tyra has the AIDS virus and how she can stop abusing drugs.

• \_\_\_\_\_

2. What are THE IMPORTANT FACTS about the situation?

- Tyra abuses IV drugs. She is at risk for infection with the AIDS virus because she shares her needles and syringes with friends.
- The AIDS virus can be passed by sharing IV drug needles and syringes.
- Tyra may have been exposed to the AIDS virus through IV drug abuse, but not through sexual activity because she has not had sex.
- The presence of the AIDS virus can be indicated by an antibody test.
- In time, Tyra might develop symptoms of infection with the AIDS virus.
- If Tyra is infected, she is probably spreading her infection to her friends when she shares needles and syringes.

- If she is infected, she may infect anyone she has sex with if her partner does not use a condom.
  - If she is infected and later becomes pregnant, her baby could develop AIDS.
  - If she continues to abuse drugs she may die.
- 

3. What are THE POSSIBLE ACTIONS?

- Tyra can take the AIDS antibody test to determine if she has acquired the AIDS virus.
  - Tyra can wait to see if she develops symptoms of infection with the AIDS virus.
  - Tyra can wait to see if her friends develop symptoms of AIDS infection or have positive AIDS antibody test results.
  - Tyra can stop sharing IV drug needles and syringes.
  - Tyra can get off drugs by seeking help from a clinic or doctor.
- 

4. What is the BEST SOLUTION?

- Tyra should immediately arrange to take the AIDS antibody test and seek help to stop abusing IV drugs.
- 

**PROBLEM SITUATION 2**

Problem: Charley has sex with other people occasionally. He has heard that some people are infected with the AIDS virus. Charley wants to remain sexually active, but isn't sure which people are at high-risk for having the AIDS virus.

1. What is THE PROBLEM?

- Who is at risk for having the AIDS virus?
- 

2. What are THE IMPORTANT FACTS about the situation?

- Some individuals are more likely to have the AIDS virus because of their sexual and drug-abusing behavior.
- Sex with high-risk persons increases one's risk for acquiring the AIDS virus.
- High-risk persons include:
  - 1) homosexual and bisexual men.
  - 2) present or past IV drugs abusers.
  - 3) persons with clinical or laboratory evidence of infection, such as those with signs or symptoms compatible with AIDS or AIDS-related complex (ARC).
  - 4) persons born in countries where heterosexual transmission is thought to play a major role.
  - 5) male or female prostitutes and their sex partners.
  - 6) sex partners of infected persons or persons at increased risk.
  - 7) all persons with hemophilia who have received the blood-clotting factor.

- Often it is not possible to know if one's sex partner is at risk.
- 

3. What are THE POSSIBLE ACTIONS?

- Charley can avoid sex with persons who may be at increased risk.
  - Charley can decide not to consider a person's chance for having the AIDS virus when choosing sex partners.
- 

4. What is the BEST SOLUTION?

- Charley should avoid partners at risk or who have had partners at risk for having the AIDS virus. To be even more cautious, Charley could abstain from sex, or develop a relationship which practices sexual fidelity.
  - If Charley continues to have sex with more than one person, he should always use condoms.
- 

**PROBLEM SITUATION 3**

Problem: Paul dates Chris, and they often have sex. Paul doesn't have sex with others but he thinks that Chris does. Paul also believes that Chris may have had sex with someone in a high-risk group. Neither has taken the AIDS antibody test to determine if they have the AIDS virus. Paul wants to continue having sex with Chris, but isn't sure what can be done to prevent exposure to the AIDS virus.

1. What is THE PROBLEM?

- What Paul can do to protect himself from the AIDS virus.
- 

2. What are THE IMPORTANT FACTS about the situation?

- Chris may have been exposed to the AIDS virus or other STD if sex has occurred with several partners.
  - Paul's chance of getting the AIDS virus apparently has been minimal except through possible exposure from Chris.
  - Whether Paul or Chris abuses IV drugs is not known.
  - The most common way the AIDS virus is transmitted is by exchange of certain body fluids, mainly semen and blood.
  - The proper use of the condom and not having mouth contact with body fluids are good ways of avoiding the AIDS virus.
- 

3. What are THE POSSIBLE ACTIONS?

- A condom could be used during sexual contact between Paul and Chris. Further, mouth contact with the partner's body fluids should be avoided.
  - Paul could persuade Chris to take the AIDS antibody test.
  - Paul could cease having sex with Chris until it is known for sure whether or not Chris has the AIDS virus.
-

4. What is THE BEST SOLUTION?

- If Paul decides to continue having sex with Chris, the condom should be used during all types of sexual contact along with avoidance of mouth contact with body fluids.
  - To be the safest, Paul should consider not having sex with Chris until the antibody test is taken. Also, Paul should take the test to learn of his health status.
  - Even if Chris does not have a positive antibody test, they should continue using a condom.
- 

**PROBLEM SITUATION 4**

Problem: Margarita works very hard to maintain good health. She reads about all aspects of health so that she can know the best preventive health practices. Margarita has received a little information in school about AIDS, but doesn't feel it was enough. She wants to learn more about AIDS and keep current in the future.

1. What is THE PROBLEM?

- Margarita needs a resource for acquiring new information about AIDS.
- 

2. What are THE IMPORTANT FACTS about the situation?

- Margarita's school classes apparently do not provide adequate information about AIDS.
  - The school or community library may have AIDS materials, usually within magazines. Because more is continuously being learned about AIDS, the information may not be current.
  - Current written material can be obtained from the local or state health department or a physician.
  - Current information can also be obtained from the AIDS National Hotline or the local AIDS hotline.
- 

3. What are the POSSIBLE ACTIONS?

- Margarita could look for materials in the school or community library.
  - Margarita could contact the local or state health department or a physician.
  - Margarita could call the AIDS National Hotline or a local AIDS hotline.
- 

4. What is the BEST SOLUTION?

- Margarita should contact the local or state board of health and call the AIDS National Hotline.
- 

**LEARNING OPPORTUNITY #5**

**Talking About AIDS Prevention**

*Purpose:*

To provide students with:

20



1. Models for discussing the use of AIDS prevention strategies with a potential sex partner.
2. Practice in conversing with another person about AIDS prevention.

*Objectives:*

The student will:

1. Create ways a person involved in a dating relationship can discuss the following with the other individual:
  - concerns about avoiding exposure to the AIDS virus.
  - whether or not the partner has possibly been exposed to the AIDS virus by high-risk sexual and drug-abusing behavior.
  - whether or not the partner has a positive AIDS antibody test
  - avoiding sexual intercourse with the partner
  - asking partner to wear a condom for sexual intercourse
2. Name the best situations for young adults to discuss AIDS prevention.
3. Demonstrate an ability to talk with another person about AIDS prevention.

*Materials:*

Worksheet 5

Pencil

*Time:*

30 minutes

*Utilization:*

- A. The teacher should provide a copy of Worksheet 5 for each student, followed with a description of how to complete it.
- B. The answers to Parts A and B should be discussed in class, followed with students completing Part C.
- C. After Part C is finished, the teacher might ask some students to demonstrate their dialogue in front of the entire class.

<b>LEARNING OPPORTUNITY #6</b>
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**Unanswered AIDS Questions**

*Purpose:*

To discover answers to unanswered, classroom. AIDS-related questions asked during the instructional unit and to provide selected students the experience of calling the AIDS National Hotline or a local AIDS hotline.

*Objective:*

The student will learn the correct answers by properly using the hotline.

*Materials:*

Pencil and paper

*Time:*

15-20 minutes of class time for the reporting of the answers.

*Utilization:*

- A. Ask one student, or a small group of students, to record any questions asked during the unit which cannot be answered by the textbook or teacher.
- B. Near the end of the unit, the recording student(s) should call the AIDS National Hotline (1-800-342-AIDS) or a local AIDS hotline for the correct answers to the questions. Provide time for these students to report the answers to the entire class.

<b>LEARNING OPPORTUNITY #7</b>
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**AIDS Basketball**

*Purpose:*

To enhance student learning of AIDS-related facts and/or to serve as a review of the facts.

*Objective:*

The student will recall correct information concerning AIDS found in the student book.

*Materials:*

The questions presented below

Paper and pencil (or chalkboard) for keeping score

*Time:*

20-30 minutes

*Utilization:*

- A. Divide the class into two groups or teams.
- B. Ask a question of one team member at a time, taking turns within each team and alternating between teams.
- C. Give the individual the choice of either a two-point or three-point question. (The three-point questions are supposedly more difficult.)
- D. Accept only one answer given within a reasonable time period, e.g., 10 seconds, judging whether it is correct or incorrect. Only correct answers earn points.

- E. Any assistance given to a team member trying to answer a question, or any other form of "illegal" play, results in a foul being called on that team. The other team gets an opportunity to answer a foul shot question, worth 1 point. (The teacher might be able to create other situations that result in foul shots being awarded.)
- F. Determine how long the game will last before beginning it. Announce the limit to the class. For example, the game could be considered over when everyone on each side has been asked a question, when a pre-determined number of questions have been asked, or when all of the questions have been used.
- G. The teacher, or a student, can keep score on a sheet of paper or on the chalkboard.
- H. The teacher might give a small award to the winning team.

### 2-point Questions

1. What term does AIDS stand for?  
—acquired immunodeficiency syndrome
2. What is the cause of AIDS?  
—virus
3. Which body system does the AIDS virus damage?  
—immune system
4. What happens to a person with the AIDS virus that usually does not occur to people with a healthy immune system?  
—they acquire certain rare diseases
5. How many people in the United States may be infected with the AIDS virus?  
—1 to 2 million
6. Slightly over one-half of AIDS cases are from what two states?  
—California and New York
7. The AIDS virus is mainly present in what two body fluids?  
—semen and blood
8. What are the two most common ways the AIDS virus is transmitted?  
—sexual contact and exchange of blood
9. What drug-related behavior of persons injecting illicit drugs allows the exchange of blood?  
—sharing IV drug needles and syringes
10. Early in the AIDS epidemic, many persons with what type of condition became infected with the AIDS virus by transfusions of the blood-clotting factor?  
—hemophiliacs
11. Most children who get the AIDS virus acquired it in what way?  
—from their infected mothers during pregnancy or childbirth

12. Which high-risk group accounts for about 74 percent of those with AIDS?  
—homosexual and bisexual men
13. Which high-risk group accounts for about 17 percent of those with AIDS?  
—heterosexual IV drug abusers
14. Which high-risk group accounts for about 4 percent of those with AIDS?  
—heterosexual sex partners of persons with AIDS or at risk for AIDS
15. In many central African countries most infections with the AIDS virus are thought to be acquired through what means?  
—heterosexual contact
16. How can one find out if she/he has been exposed to the AIDS virus?  
—AIDS antibody test
17. Aside from donated blood, the AIDS antibody test is also used to screen people who donate what?  
—semen and body organs and tissues.
18. What government agencies provide confidential AIDS testing and counseling?  
—local and state health departments
19. What is the time range for the incubation of AIDS?  
—a few months to several years or longer
20. What are the surest ways of not getting the AIDS virus?  
—sexual abstinence and not sharing IV drug needles and syringes
21. Both persons of a couple having sex with each other only, is called what?  
—sexual fidelity
22. What device worn over the penis during sex prevents the exchange of semen between partners?  
—a condom or rubber
23. What do the initials "ARC" mean?  
—AIDS-related complex

5-point Question

1. Name the three ways the AIDS virus is passed?  
—during unprotected sex; i.e. sex without a condom  
—by sharing IV drug needles and syringes  
—from an infected woman to her fetus or newborn child
2. What are the initials of the two most common illnesses of persons with AIDS?  
—PCP and KS



3. Experts believe that about how many people in the United States will have AIDS by 1991, with how many having died?
  - 220,000 having AIDS
  - 137,000 having died
4. Persons of what three types of sexual lifestyles who practice risky behaviors may acquire the AIDS virus?
  - heterosexual
  - male homosexual
  - male bisexual
5. Name the two types of sexual practices in which the AIDS virus is passed.
  - anal intercourse
  - vaginal intercourse
6. Women with a positive AIDS antibody test should do what three things relative to children?
  - postpone pregnancy
  - not breast-feed child
  - have her children tested for AIDS antibody
7. What percent of AIDS cases are found among Blacks and Hispanics?
  - 25 percent for Blacks
  - 14 percent for Hispanics
8. Name the three best sexual precautions for preventing AIDS as given in the book.
  - sexual abstinence
  - sexual fidelity
  - avoid exchange of body fluids by using condoms
9. Name the groups from which it would be risky to choose a sex partner.
  - homosexual and bisexual men
  - present or past IV drug abusers
  - persons with evidence of infection with the AIDS virus
  - persons born in countries where heterosexual transmission is thought to play a major role
  - male or female prostitutes and their sex partners
  - sex partners of infected persons or persons at increased risk
  - all persons with hemophilia who have received the blood-clotting factor
10. Name five things listed in the book that individuals can do, beyond practicing personal prevention, to help fight AIDS.
  - correct misinformation
  - provide financial support

- voice concern to officials
- support a friend with AIDS
- serve as an AIDS volunteer

11. What is the telephone number of the AIDS National Hotline?

—1-800-324-AIDS

**Foul Shot Questions—One Point**

1. Has anyone completely recovered from AIDS?  
—no
2. Do all persons who acquire the AIDS virus also develop AIDS?  
—no
3. Does the AIDS virus itself or the opportunistic diseases usually kill the person who is infected with the AIDS virus?  
—opportunistic diseases
4. Can the AIDS virus be passed by an infected person even though the symptoms of infection are not present?  
—yes
5. Have only a fraction of persons infected with the AIDS virus developed AIDS?  
—yes
6. Is there a cure or vaccine for the AIDS virus?  
—no
7. Is the AIDS virus highly contagious?  
—no
8. Is the blood supply available for transfusion now safe?  
—yes
9. Does every child of an infected mother acquire the AIDS virus?  
—no
10. The number of infected heterosexual men and women is believed to increase or decrease in the future?  
—increase
11. Is AIDS a problem among all races?  
—yes
12. Should a person be afraid of AIDS virus infection by casual, social, or family contact?  
—no

13. Should a person be concerned about whether he/she could be infected with the AIDS virus if the individual is sexually active with more than one person?  
—yes
14. Does a positive AIDS antibody test mean that the person has or will develop AIDS?  
—no
15. Has there been any reported cases where the AIDS virus has been transmitted through kissing?  
—no
16. Has there been any reported cases where the AIDS virus has been transmitted through insect bites?  
—no
17. Since one cannot determine if a person has the AIDS virus, is it important to know if a possible sex partner is at risk, or has had partners at risk?  
—yes
18. Are some prostitutes likely to be infected with the AIDS virus or other STD?  
—yes
19. Can teenagers get confidential counseling and testing for the AIDS antibody test through local or state health departments?  
—yes

### LEARNING OPPORTUNITY #3

#### Eliminating Barriers to Individual AIDS Prevention

##### *Purpose:*

To facilitate student understanding of (1) the possible barriers that hinder individuals in utilizing AIDS sex and drug risk-reduction precautions, and (2) the solutions to eliminating the barriers.

##### *Objectives:*

The student will:

1. Identify barriers to individual utilization of prevention methods.
2. Prioritize the barriers.
3. Create solutions to eliminating the barriers.

##### *Materials:*

Paper

Pencil

##### *Time:*

45-60 minutes

### *Utilization:*

1. This learning opportunity uses the basic principles of the Nominal Group Technique, a group process strategy for solving problems by clarifying barriers and solutions. The technique incorporates decision-making processes and emphasizes the creation of solutions in contrast to finding solutions in the textbook.
2. The activity might be best conducted as the concluding activity of the unit.
3. The activity involves four steps:

#### STEP 1. IDENTIFY BARRIERS TO USE OF AIDS PREVENTION METHODS

Place the AIDS sex and drug risk-reduction precautions on the chalkboard. The following should be listed: sexual abstinence, sexual fidelity, avoid exchange of body fluids by using condoms, careful selection of partners, avoid prostitutes, avoid sharing of drug needles and syringes.

Ask students to identify the five most important barriers, or reasons why people do not utilize the AIDS prevention strategies. For example, why cannot many young dating couples practice sexual abstinence, and what keeps them from using condoms? Possible barriers to these strategies might be: inability of a couple to resist peer pressure to be sexually active; beliefs that sex is not pleasurable with condom use and embarrassment in getting condoms.

Going from student to student, ask for his or her most important reason. Place the reason on the chalkboard.

Tell students to mark their reasons if they are given by others. Then when it is their turn, they should give the next best reason not already mentioned.

#### STEP 2: PRIORITIZING BARRIERS

Once all of the barriers have been listed on the chalkboard, have students again pick their top five barriers to utilization of AIDS prevention methods. Students should give five points for the most important reason, and so on, until the fifth reason receives 1 point.

For each reason listed on the board, ask for the point values assigned by the students. Tally the total point value for each reason.

#### STEP 3: FINDING SOLUTIONS TO ELIMINATING THE BARRIERS

Divide the class into five groups. Assign one of the top five barriers to each group. Through discussion, the groups are to create solutions for eliminating the barrier assigned to them. Students should use their imagination in creating solutions. Possible solutions might be: prepare young people on how to resist peer pressure to be sexually active; educate people that many parts of the body other than the genitals can be sensual to touch during condom use, and create a more comfortable and private atmosphere where condoms are secured.

#### STEP 4: DISCUSSION OF SOLUTIONS

Going from group to group, have a spokesperson for each group report the created solutions to the entire class.

Discuss the solutions and ask for other possible solutions from other class members.

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## Chapter 3

### TEST QUESTIONS

Test questions are presented here for teachers desiring to conduct a written examination of student understanding of the major concepts of the student textbook. Questions include five types. (1) true or false; (2) multiple choice; (3) short answer; (4) essay; (5) life situations. The correct answer is included for each question, along with the page of the student book in which the question concept is discussed.

A teacher may not wish to use all of the questions, but can be selective according to the situation. The language skills and academic sophistication of the students, in particular, should be considered.

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#### True or False

- T (p. 5) 1. AIDS is caused by a virus.
- T (p. 5) 2. No one has completely recovered from AIDS.
- F (p. 6) 3. Most persons who acquire the AIDS virus develop AIDS.
- T (p. 6) 4. The AIDS virus can be transmitted by an infected person even though there are no symptoms of infection.
- F (p. 7) 5. There is a vaccine for the AIDS virus.
- T (p. 7) 6. The AIDS virus is present in certain body fluids, mainly semen and blood.
- T (p. 7) 7. The AIDS virus is not highly contagious.
- T (p. 8) 8. In the U.S. it is now nearly impossible to get AIDS from blood transfusions.
- F (p. 8) 9. There is a chance of getting the AIDS virus from donating blood.
- F (p. 8) 10. Every child born from a woman with the AIDS virus acquires the virus during or after childbirth.
- T (p. 9) 11. It is believed that the number of heterosexual men and women infected with the AIDS virus will increase.
- T (p. 9) 12. AIDS is a problem among all races.
- F (p. 9) 13. The majority of persons with AIDS in many central African countries are homosexual and bisexual men.
- F (p. 10) 14. All persons who have sex, even if they are not members of AIDS high-risk groups, should take the AIDS antibody test.
- T (p. 10) 15. Teenagers can get confidential AIDS antibody testing and counseling.

- F (p. 10) 16. Many persons have been infected with the AIDS virus through casual contact.
- F (p. 11) 17. There have been reported cases where the AIDS virus was transmitted by kissing only.
- T (p. 12) 18. The best way of not getting the AIDS virus from IV drug abuse is to not share needles or syringes.

### Multiple Choice

- a (p. 7) 1. The most common way the AIDS virus is transmitted is by:
- sexual contact.
  - IV drug abuse.
  - blood transfusions.
  - mother to child.
- c (p. 8) 2. Most of the persons with AIDS in the United States are:
- heterosexual drug abusers.
  - heterosexual sex partners of persons with AIDS or at risk for AIDS.
  - homosexual and bisexual men.
  - recipients of transfused blood or blood-clotting factor.
- d (p. 11) 3. The surest way of not acquiring the AIDS virus is by:
- sexual fidelity.
  - use of condoms.
  - careful selection of sex partners.
  - sexual abstinence.
- c (p. 6) 4. Which one of these statements about having an AIDS virus infection is *not* true?
- The AIDS virus destroys certain cells that activate the immune system.
  - The AIDS virus itself usually does not kill the person.
  - Nearly all persons with the AIDS virus who do not develop AIDS suffer other severe conditions.
  - Persons with the AIDS virus may get severe illnesses not acquired by healthy people.
- b. (p. 9) 5. Which one of these statements about the AIDS antibody test is *not* true?
- Persons with a positive test result can transmit the virus to others.
  - A positive test result nearly always means that the person will develop AIDS.
  - Test results may be negative when a person has been exposed to the AIDS virus.
  - The antibody test results are very accurate, though not perfect.
- a (p. 10) 6. Which one of these statements about the transmission of the AIDS virus is *not* true?
- The spread of the AIDS virus is similar to other transmissible diseases like the cold, flu, or measles.
  - Children with the AIDS virus infection pose no risk for other students in the school setting.
  - People can, for example, work with others and attend school and public events without the fear of getting AIDS.
  - No evidence exists indicating that flies and mosquitoes are capable of transmitting the AIDS virus.
- c (p. 11) 7. Which one of these people would be considered as having the lowest risk for being infected with the AIDS virus?



- a. The person abuses IV drugs.
- b. The person has a positive AIDS antibody test.
- c. The person practices, along with partner, sexual fidelity.
- d. The person has sex with someone who has many partners.

#### Short Answer

- (p. 5) 1. AIDS is the end result of what? (infection with the AIDS virus)
- (p. 6) 2. What do the initials "ARC" mean? (AIDS-related complex)
- (p. 7) 3. About how many persons in the United States are infected with the AIDS virus? (1 to 2 million)
- (p. 7) 4. Slightly over one-half of AIDS cases come from what two states? (California and New York)
- (p. 7) 5. Experts believe that about how many people in the U.S. will have AIDS by 1991? (220,000)
- (p. 7) 6. Name the two body fluids that are known to transmit the AIDS virus. (semen, blood)
- (p. 7) 7. Name the two sexual practices that are known for transmitting the AIDS virus. (anal and vaginal intercourse)
- (p. 7) 8. Blood-to-blood transmission of the AIDS virus is nearly entirely limited to what practice? (sharing of IV drug needles and syringes)
- (p. 7) 9. Many persons with what type of health condition were infected early in the AIDS epidemic through contaminated blood-product transfusion. (hemophilia)
- (p. 7) 10. What are the three major ways the AIDS virus is transmitted? (sexual contact, sharing of IV drug needles, mother to child)
- (p. 9) 11. What is the term that describes a positive AIDS antibody test when there are actually no antibodies? (false positive)
- (p. 9) 12. What is the term that describes a negative test when there are actually antibodies? (false negative)
- (p. 10) 13. What is the incubation period for the AIDS virus? (few months to several years or more)
- (p. 12) 14. What is worn over the penis during sex to prevent the exchange of body fluids? (condom)
- (p. 15) 15. What is the telephone number of the AIDS National Hotline? (1-800-342-AIDS)

#### Essay

- (p. 10) 1. Why do people have such a strong fear of AIDS? (AIDS is a deadly disease. Information is reported daily. There are many myths about how the AIDS virus is transmitted.)
- (p. 13) 2. What should a person do upon learning of a positive AIDS antibody test? (Avoid exposing others. Do not donate blood, semen, or body organs and tissues. Encourage their sex and drug needle-sharing partner(s) to get the AIDS antibody test. Their babies and children should also be tested.)

- (p. 14) 3. What is important to know if one's friend develops AIDS? (Many persons with AIDS have been mistreated. Some have been rejected by friends. Many have felt isolated and emotionally distressed. AIDS is not passed by casual contact. The friend needs your support and understanding. Continue sharing activities and conversation. The families of persons with AIDS may also need help.)

### Life Situations

#### SITUATION 1

Sonny and Jose are close friends, but go to different schools. Jose knows that Sonny learned about AIDS in his school health class. Since Jose's school did not teach about AIDS, Jose asks Sonny about how AIDS is prevented. Sonny tells Jose about all the prevention techniques and gives a reason for each precaution. But, some of the suggestions are wrong because they are based on false reasons. Mark an "F" for these statements. Mark "T" for the statements in which the suggestion and reason are correct.

- F (p. 8) 1. It is safe to have sex with heterosexuals since they do not transmit the AIDS virus.
- T (p. 11) 2. One should avoid exchange of body fluids with high-risk persons since the AIDS virus is present in certain body fluids, mainly semen and blood.
- F (p. 12) 3. A person does not need to worry about using a condom when having sex with others since one can usually easily determine who has the AIDS virus.
- T (p. 12) 4. Persons should avoid sharing IV drugs and needles since this can result in exchange of blood that might have the AIDS virus.

#### SITUATION 2

Henry and Deloris began dating recently and have decided to have sex. They talked about AIDS and other STD before starting. Neither has an STD, but Henry said that he has the AIDS antibody. His test results were positive, but Henry has not developed AIDS. Mark "T" for any of the actions below that would be wise, with "F" for those being unwise.

- F (p. 6) 1. They can start to have sex since the AIDS virus cannot be transmitted until a person develops AIDS.
- T (p. 11) 2. If they have sex, Henry should wear a condom during all sexual contact.
- T (p. 11) 3. To be the safest, they should avoid all intimate sex.

#### SITUATION 3

Carmen and Alex are friends. They don't have sex with each other, but they sometimes shoot IV drugs together and with their friends. They have certain beliefs about their lifestyle and AIDS. Mark "T" for the correct beliefs, and "F" for the incorrect beliefs.

- F (p. 6) 1. Even though we share the needles and syringes when we use drugs, we do not have any risk unless one of our friends develops AIDS.
- F (p. 7) 2. We do not have any risk for getting the AIDS virus since we don't have sex.
- F (p. 8) 3. We could begin having sex with each other since neither has a high-risk for having the AIDS virus.

- T (p. 10) 4. Even though we do not have sex, we should take the AIDS antibody test since we inject IV drugs.
- T (p. 12) 5. To avoid the AIDS virus, we should not share drugs, needles or syringes with our friends.

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## Chapter 4

### ANSWERS TO COMMON AIDS QUESTIONS ASKED BY YOUNG ADULTS

Below are questions about AIDS asked by young adults. Even though all of the possible aspects of AIDS may not be represented, many of the important concerns of young adults are addressed. Answers are given to assist the teacher in responding to similar questions from students. The questions have been grouped into seven categories: (1) The AIDS Epidemic; (2) What AIDS Is; (3) AIDS Virus Infection; (4) AIDS Virus Transmission; (5) AIDS Virus Prevention; (6) AIDS Treatment; (7) AIDS Social Issues.

Some of the questions have been rephrased because they reflected a wrong scientific concept. For example, questions concerning the transmission of AIDS were rewritten to more accurately ask about the transmission of the AIDS virus.

Students may have some questions which they feel uncomfortable asking in front of their peers. The teacher can provide a question box in the room that would allow students to anonymously ask questions. If this technique is used, inform students that all questions asked in good taste will be answered.

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#### The AIDS Epidemic

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##### 1. *How many people in the U.S. and the world have AIDS?*

It is estimated that one to two million persons in the U.S. are infected with the AIDS virus, with only a fraction actually having developed AIDS. Approximately five to ten million persons globally may be infected.

##### 2. *How and when did AIDS start?*

It is not known for sure where AIDS started. Some experts believe that it originated in Africa in the 1970s. Others disagree with this view. AIDS was first diagnosed in the U.S. in 1981.

##### 3. *Was AIDS caused by homosexuals?*

No. Homosexual and bisexual males comprise about 74 percent of the AIDS cases in the U.S. Their large percent is attributed to the fact that many of these persons had many sexual partners and practiced a sexual behavior—anal intercourse—that places one at greater risk for contracting the AIDS virus. Some of the infected homosexual and heterosexual males also abused IV drugs. Anyone, heterosexual, homosexual, or bisexual who engages in risky sexual or IV drug-abusing behaviors can acquire the AIDS virus. It is the risky behaviors, not one's sexual orientation, that places the person at risk.

##### 4. *How many women have AIDS?*

Presently in the U.S. about 7 percent of the AIDS cases are women. About one-half of these acquired the virus from IV drug abuse. Others got the virus from heterosexual contact with an infected person, or via blood transfusions. It is predicted that the number of women with AIDS will increase. In many central African countries there are nearly equal numbers of females and males with AIDS.

##### 5. *Does AIDS affect all races of people?*

Yes. Anyone, regardless of race, can acquire the AIDS virus if the individual participates in risky sexual and IV drug-abusing behaviors with an infected person. In the U.S., about 61 percent of the AIDS cases are among Whites, 25 percent among Blacks, and 14 percent among Hispanics.

##### 6. *Can all ages get the AIDS virus?*

Yes. Persons of all ages can acquire the virus if exposed by risky behavior. Even children, who comprise about 1 percent of the AIDS cases, can get the virus. The majority of children acquired the virus from an infected mother during pregnancy or childbirth. A few children became infected from blood transfusions prior to the screening of blood.

## 7. Will AIDS take over the world?

The virus is difficult to transmit; it is not passed by casual contact such as being around an infected person. Persons who know how to protect themselves do not have to fear infection. Even though it does not appear that a cure or vaccine will be available in the near future, we have the knowledge to prevent AIDS.

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## What AIDS Is

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### 1. What causes AIDS?

AIDS is the end result of an infection caused by a virus. The virus has been given different names: human T-lymphotropic virus type III, or HTLV-III, has been most commonly used in the U.S. Many scientists now prefer the term, human immunodeficiency virus, or HIV.

### 2. Are there different types of AIDS?

There are different stages of AIDS virus infection that occur before one could actually develop AIDS. This information may have confused people to believe that there are different types of AIDS. For example, a person can acquire the virus but not develop AIDS; only 10-30 percent are thought to progress to having AIDS. Further, many scientists label some infected persons who develop certain health problems as having a condition called AIDS-related complex (ARC).

### 3. Is AIDS like other diseases?

AIDS is not like communicable diseases, such as the cold, flu, or measles that can be passed through casual contact like sneezing, coughing, or sharing of eating utensils. No cases have been established where AIDS was passed by those means.

### 4. What is a high-risk group?

High-risk groups refer to the grouping of all AIDS cases into categories that represent how individuals probably get infected with the AIDS virus. At this time in the U.S., over 90 percent of the persons with AIDS are:

- Homosexual and Bisexual Men (about 74 percent of cases. Some also were IV drug abusers.)

- Heterosexual IV Drug Abusers (about 17 percent of cases.)
- Heterosexual Sex Partners of Persons with AIDS or at Risk for AIDS (about 4 percent of cases.)
- Recipients of Transfused Blood or Blood-Clotting Factor (about 3 percent of cases.)

In general, persons in these groups are more likely to be exposed to the AIDS virus.

### 5. Can you carry the virus and not develop AIDS?

Yes. Only about 10 to 30 percent of those infected with the AIDS virus develop AIDS. Many people having the AIDS virus do not know they are infected until the symptoms of an acquired, or "opportunistic disease," develops. However, persons with the virus can transmit it to others even if symptoms do not develop.

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## An AIDS Virus Infection

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### 1. How long is the incubation period for AIDS?

The time between acquiring the virus and having symptoms, called incubation period, ranges from a few months to several years or more.

### 2. What are the common symptoms of AIDS?

Symptoms of persons infected with the AIDS virus include: tiredness, fever, loss of appetite and weight, diarrhea, night sweats, and swollen lymph glands. These symptoms may indicate an AIDS infection. Many other illnesses also have these symptoms. The continuation of these symptoms for more than two weeks in persons at risk may indicate an AIDS infection. Only a physician can diagnose the condition.

### 3. How does the AIDS virus break down the immune system?

Scientists now know that the virus kills certain cells of the immune system. These are the white blood cells. Some white blood cells are called T cells and B cells. White blood cells protect a person from disease. Some T cells, also called helper cells, help the B cells produce antibodies against invading disease-causing organisms. Other T-cells, also called suppressor cells, work to stop or suppress the attack against the invading cells,



once the infection has been controlled. In the person having the AIDS virus, the suppressor T cells outnumber the helper T cells.

4. *How long can a person lead a normal life after developing AIDS?*

Many persons who develop AIDS respond differently. Some persons are very ill throughout the course of the condition. Most die within two years. Some remain in good physical condition, or have alternating periods of health and illness for several years. Eventually, nearly all persons who develop AIDS die.

5. *Why does a person die from AIDS and how long does it take?*

People with the AIDS virus, because their immune system has been weakened, acquire illnesses that are not usually caught by healthy people. The persons die from these diseases, not usually from the AIDS virus, per se. About 80 percent of people with AIDS have died within two to three years after developing AIDS.

6. *Does anyone ever survive AIDS?*

Researchers say that it is too early to provide a sure answer for this question.

7. *Can you tell if someone has the AIDS virus?*

One cannot determine if another individual has the AIDS virus from the person's appearance.

8. *Is there an AIDS test?*

There is a test available that determines if the person has antibodies to the AIDS virus. This means that the individual has been infected with the AIDS virus. However, the presence of the antibodies does not mean that the person has or will develop AIDS; some become very ill and others do not.

9. *Is the AIDS antibody test sometimes wrong?*

Yes. Even though the test is very accurate, it is not perfect. Sometimes the test results may be positive when there are no antibodies present (called false positive). Because of this, every positive test should be repeated before a person is informed of a positive test result. Most false positives are excluded by this process. Also, on rare occasions an infected person may test negative.

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## AIDS Virus Transmission

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1. *How do people get the AIDS virus?*

The AIDS virus is present in certain body fluids, mainly semen and blood. The virus is transmitted during sex, by sharing IV drug needles and syringes and contaminated blood, and from an infected woman to her fetus or newborn child.

2. *How contagious is the AIDS virus?*

The AIDS virus is hard to transmit. It is not very contagious. In comparison to other communicable diseases, the AIDS virus is much less contagious than germs of the common cold, flu, measles, and tuberculosis.

3. *Can you get the AIDS virus from blood transfusions?*

In the U.S. it is nearly impossible to get the AIDS virus from blood transfusions. Experts estimate that the chances are about 1 in a million. Since 1985, donated blood is screened by a test that detects the AIDS antibody. Any blood having the antibodies is not used for transfusion.

4. *Can you get the AIDS from anal sex?*

Yes, if one's sex partner is infected with the AIDS virus. Anal intercourse is a very risky behavior for transmitting the AIDS virus. The behavior can result in tears in the rectal tissue that might allow the virus to enter the bloodstream if a condom is not being used.

5. *Can you get the AIDS virus from casual contact?*

No one should be afraid of getting the AIDS virus by casual, social, or family contact. People can, for example, work with others, attend school and public events, eat at restaurants, and be around members of high-risk groups without the fear of getting the AIDS virus. Persons caring for another family member who has AIDS are also not at increased risk for contracting the virus. Children attending school with another student having the AIDS virus are not at risk for becoming infected.

6. *Can you get the AIDS virus from kissing?*

No. The AIDS virus has rarely been found in human saliva and tears. Even then, only very small amounts of virus have been found. This may be the reason why there have been no re-



ported cases where the virus was passed through these fluids, such as by kissing.

7. *Is AIDS an inherited disease?*

No. The AIDS virus is not passed genetically from generation to generation. However, the virus can be transmitted to children from an infected mother during pregnancy or childbirth.

8. *Can a man transmit the AIDS virus to a woman?*

Yes. There have been some AIDS cases in women that have resulted from man-to-woman, sexual transmission. Any woman who participates in unprotected vaginal or anal intercourse with an infected male is at risk for acquiring the AIDS virus.

9. *Can a woman transmit the AIDS virus to a man?*

Male sexual partners of infected women have become infected with the AIDS virus. Clearly, the AIDS virus can be transmitted from woman to man, but scientists do not know if it can be passed quite as easily as from man to woman.

10. *Can the AIDS virus be passed by mosquitos?*

Research does not indicate that insects are capable of transmitting the virus or have ever done so.

11. *Can a lesbian get the AIDS virus?*

There have not been any cases of woman-to-woman transmission of the AIDS virus. However, a lesbian is at risk if she abuses IV drugs and shares needles and syringes.

12. *Can prostitutes spread the AIDS virus?*

Some prostitutes have shown evidence of AIDS virus infection. Prostitutes often abuse IV drugs and they have many sex partners. It is very risky to have sex with a prostitute. If one does have sex with a prostitute a condom should be used.

13. *How do children get the AIDS virus?*

Most children who have the AIDS virus acquired it from an infected mother during pregnancy or childbirth. A few become infected through blood transfusions.

14. *Are married people at risk?*

A married couple of which both persons practice sexual fidelity has virtually no risk of acquiring the AIDS virus. This is true unless one partner has the virus at the start of marriage, or abuses IV drugs and shares needles or syringes.

15. *Can someone with the AIDS virus have sex without passing it?*

Probably. But the percentage of times the virus would not be passed is not known. It also cannot be determined which exposure would result in infection and which exposure would not. Hence, every sexual contact with an infected person should be considered as possibly resulting in the virus being transmitted.

---

### AIDS Virus Prevention

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1. *If there is no cure for AIDS, what is being done to prevent its spread?*

Besides major efforts being presently directed toward developing treatments and a vaccine, educational programs are being given to high-risk groups and the general public. These programs attempt to motivate persons to practice no-risk sexual and drug-related behaviors. Even if we had a medical solution to AIDS, preventive education would still be considered the best way to control the virus.

2. *What can the individual do to keep from getting the AIDS virus?*

Persons can reduce their risk of contracting the AIDS virus by doing certain things related to sexual expression and drug abuse. The sexual precautions include (1) sexual abstinence, (2) sexual fidelity, (3) avoiding exchange of body fluids by using a condom, and (4) avoiding sexual partners at increased risk. These precautions can also help prevent the contraction of other STD. Concerning drug abuse, no one should share IV drug needles and syringes, although not using IV drugs at all is the best approach.

3. *Can a condom prevent the AIDS virus?*

Yes. The proper use of the condom for all sexual contact is considered the best way to avoid exchange of body fluids.

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## AIDS Treatment

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### 1. *Can AIDS be cured?*

No. Currently there are not any drugs available that will completely destroy the AIDS virus or restore the immune system once it is damaged. An experimental drug, AZT or azidothymidine, that seems to control the growth of the AIDS virus, has prolonged the lives of AIDS patients in an experimental trial. While still experimental, AZT has recently been made available to many persons with AIDS.

### 2. *Will there be a cure for AIDS in the near future?*

Even though the search for effective treatments is being pursued vigorously worldwide, their discovery is not expected soon. There seems to be some progress in developing treatments for the "opportunistic diseases," but there are many obstacles to overcome in developing a drug that can kill all the AIDS virus in a person.

### 3. *What is being done for people who develop AIDS?*

Persons with AIDS need both medical and social support services to help them cope and live with their condition. These types of assistance are increasingly becoming available, although there is more that can be done. Also, family members need support. Legal efforts are being pursued to protect the rights of persons with AIDS.

### 4. *Is there a vaccine for AIDS?*

No. Scientists are working to develop a vaccine, but a solution appears to be several years away.

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## AIDS Social Issues

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### 1. *How should people with AIDS be treated?*

Persons with AIDS should have equal access to medical and social services, employment, housing, and educational opportunities. They also need emotional understanding and support from friends and the community.

### 2. *Should a student with AIDS be allowed in school?*

Yes. A student with AIDS or having the AIDS virus poses no risk to other students. However, there may be times when the person with AIDS should not attend school because of his/her weakened condition.

### 3. *Should persons with AIDS be banned from public events, schools, and jobs?*

No. Since the AIDS virus cannot be passed by casual contact there is no reason why persons with AIDS should be kept from being a participating member of the community.

### 4. *Should teachers and school cafeteria workers be required to take a test for AIDS?*

No. Both teachers and cafeteria workers with AIDS pose no risk for students. Persons with an AIDS virus infection can work in restaurants without exposing others to the virus.

### 5. *Where can I get more information about AIDS?*

A school or community library may be able to provide information about AIDS, although the latest information is probably available from a physician, STD clinic, or the local and state health department. One could also call a local AIDS telephone hotline or the AIDS National Hotline (1-800-342-AIDS).

## Appendix A

### HANDOUTS

This appendix contains two sheets that can be removed and duplicated for distribution to students. The sheets are:

#### **AIDS/STD Information Sources**

This sheet is a replica of a form found on the inside of the front cover of the student book. It can be given to students if they are not permitted, or do not desire, to write in the book. The teacher should assist the students in completing the form.

#### **AIDS SUMMARY SHEET**

This sheet is a replica of the one found on the inside back cover of the student book. It can be used for informing persons about AIDS who do not have the student book. For example, it can be placed on a school bulletin board or distributed at a health fair.

## AIDS/STD INFORMATION SOURCES

Sources for AIDS/STD Information in Your Community:

1. \_\_\_\_\_
2. \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

To learn of the nearest place for AIDS/STD medical care or to get the latest information, call:

Local AIDS Hotline \_\_\_\_\_  
(telephone number)

-or-

AIDS National Hotline

1-800-342-AIDS

-or-

VD National Hotline

1-800-227-8922

(In California, 1-800-982-5883)

(In Alaska and Hawaii call your local health department)

\_\_\_\_\_

Minors can get STD treatment without parental consent in every state. That's the law.

## AIDS SUMMARY SHEET

AIDS, or acquired immunodeficiency syndrome, is becoming one of the most serious epidemics of modern times. The number of cases is increasing in the United States and many other nations. One to two million persons in the U.S. may have become infected with the AIDS virus. Only a fraction of these people have developed AIDS. Over 50 percent of those with AIDS have died. No one has completely recovered from AIDS.

**WHAT AIDS IS.** AIDS is caused by a virus that weakens the immune system. The infected person may develop problems in fighting certain infections. The diseases acquired, not the AIDS virus, usually kill the person. It is not known for sure what percent of persons infected with the AIDS virus will actually develop AIDS or become ill. The virus can be transmitted soon after the person becomes infected. This is true even if the person does not develop AIDS.

**HOW THE AIDS VIRUS IS TRANSMITTED.** The AIDS virus is present in semen and blood. The AIDS virus is not highly contagious. It is transmitted by sexual contact and sharing IV drug needles and syringes. The virus can also be passed from a woman to her fetus or newborn child. Anyone, heterosexual, homosexual, or bisexual engaging in risky sexual or drug-abusing behaviors with an infected person can get the AIDS virus.

Currently in the U.S., over 90% of AIDS cases have been: homosexual and bisexual men (about 74%); heterosexual IV drug abusers (about 17%); heterosexual sex partners of persons with AIDS or at risk for AIDS (about 4%); and recipients of transfused blood or blood-clotting factor (about 3%). In Africa, a large proportion of cases appears among heterosexuals. Some experts believe that the percentage of infected heterosexual men and women will increase in the U.S.

The AIDS virus is not spread by casual, social, or family contact. One cannot get the virus by touching or being near a person with AIDS.

**HOW AIDS IS DIAGNOSED.** A person should be concerned about being infected with the AIDS virus if one is a member of a high-risk group or has sex with a person who is. There is now a test for antibodies to the AIDS virus. Positive test results mean that the person has been infected with the virus. But, the person may not have or ever develop AIDS. The development of certain serious illnesses is how doctors determine if a person has AIDS. The test is mainly used to screen blood, semen, and organs. High-risk persons should consider taking the test. Local or state health departments provide confidential testing for all persons, including teenagers, at AIDS counseling and testing sites.

The incubation period for AIDS ranges from a few months to many years. Symptoms of infection with the AIDS virus include: tiredness, fever, loss of appetite and weight, diarrhea, night sweats, and swollen lymph glands. Only a physician can diagnose AIDS.

**PREVENTING AIDS.** The sexual precautions to prevent getting the AIDS virus are: (1) sexual abstinence, (2) sexual fidelity, (3) avoiding exchange of body fluids by using a condom, and (4) avoiding sex with persons at increased risk. If a person has sex with a member of a high-risk group, the condom or another method that avoids exchange of fluids should be used. Lastly, although it is better not to use IV drugs at all, no one should ever share IV drug needles or syringes.

**PROMOTING AIDS PREVENTION EFFORTS.** One can help fight AIDS by (1) correcting misinformation, (2) providing financial support, (3) voicing concern to officials, and (4) supporting a friend with AIDS.

**KEEPING INFORMED ABOUT AIDS.** One can contact the local or state health department, a physician, or a local AIDS hotline for the latest AIDS information and material. These sources can tell you the location of AIDS testing, health care, and support services. Also, the AIDS National Hotline (1-800-342-AIDS) can be contacted.

Even though there is no cure or vaccine for AIDS, infection with AIDS can be easily prevented. The best defense is to follow the prevention guidelines presented here.

## Appendix B

### WORKSHEETS

This appendix contains the worksheets that are used with the learning opportunities given in Chapter 2. The number of the worksheet corresponds to the number of the learning opportunity. The worksheets can be removed and duplicated for distribution to students. The teacher could make them

into dittos so that duplication can be done at minimal cost. Further, some of the worksheets may not need to be duplicated if the teacher, for example, gives the information verbally or places it on the chalkboard.

#### List of Worksheets

<i>Number</i>	<i>Name</i>
1	Spread of AIDS Opinion
2	Unfinished AIDS Sentences
3	Uncle Bill's AIDS Advice Column
4A	AIDS Problem Situations: Description of Problems
4B	AIDS Problem Situations: Form for Solving Problems
5	Talking About AIDS Prevention



## WORKSHEET 1: SPREAD OF AIDS OPINION

**Directions:** After reading about the two people, decide which person you are most like. Mark an "X" anywhere along the line between the two names. You may feel exactly like one of the two persons, or you may have feelings in between. *If the teacher asks you, give the reason why you chose your stance.*

1. Continue Cleo \_\_\_\_\_ Stop Susie

Cleo says that if a friend of his developed AIDS he would continue being friends with that person. He would want to help his friend. Cleo believes that his support and understanding would be very valuable at this time. Susie states that she would stop being friends. She would not talk with or visit the person. Susie feels that she could not be friends with someone from an AIDS major-risk group.

*Explain your answer:*

2. Helping Henry \_\_\_\_\_ No-Help Nate

Henry believes that the whole community must work together to combat AIDS. He says that he would serve as an AIDS volunteer, and be an advocate for more AIDS research and health care services. Nate believes that there are already enough people helping to stop the AIDS epidemic. He also feels he doesn't want to be associated with anything dealing with AIDS.

*Explain your answer:*

3. Include Isaiah \_\_\_\_\_ Bar Beverly

One of Isaiah and Beverly's classmates has developed AIDS. Isaiah feels that the classmate should be permitted to continue attending school. He believes the medical authorities that say the AIDS virus is not passed by casual contact. Beverly thinks that the classmate with AIDS should be barred from school. She is concerned about getting the AIDS virus by being near the person.

*Explain your answer:*

4. Private Paul \_\_\_\_\_ Available Allen

Paul believes that the names of persons who have a positive result on the AIDS antibody test should be kept private. That is, only persons chosen by the individual tested and those involved in the health care of the person should know. Allen believes that positive test results should be available to persons wanting them. Employers, school officials, and tenants, for example, have the right to know who has the AIDS virus.

*Explain your answer:*

5. Responsible Rick \_\_\_\_\_ Casual Carmen

Rick believes that young adults who practice AIDS prevention measures are being very responsible. He thinks that it is a sign of maturity to avoid intimate sex or to carefully select partners to prevent getting the AIDS virus. Carmen doubts that young adults who have sex are at risk for AIDS. She also believes that the prevention methods restrict one's sex life too much.

*Explain your answer:*

6. Careful Carla \_\_\_\_\_ Sharing Sam

Carla and Sam abuse IV drugs. Carla is very careful not to share needles or syringes to avoid passing the AIDS virus. She also is starting to realize that it would be smart to stop abusing IV drugs to protect her health. Sam shares his needles and syringes with friends. He also doesn't worry much about the effects of drugs on his health.

*Explain your answer:*

7. Believing Bob \_\_\_\_\_ Doubting Doris

Bob believes that it is important to learn all the latest facts about AIDS. He feels that the amount of coverage about AIDS by the media is just right. Doris doubts that the AIDS problem is as bad as shown by the media. She says that she gets tired of hearing all the reports about AIDS.

*Explain your answer:*

## WORKSHEET 2: UNFINISHED AIDS SENTENCES

*Directions:* After reading the first part of the unfinished sentences, write in what you think would complete the sentence.

1. People who get AIDS are . . .
2. Persons with AIDS need . . .
3. Practicing sexual abstinence to avoid the AIDS virus is . . .
4. Using the condom to avoid the AIDS virus is . . .
5. Not sharing IV drug needles and syringes to avoid passing the AIDS virus is . . .
6. Fearing AIDS is . . .
7. Persons having a positive AIDS antibody test should . . .
8. Denying equal opportunities for persons with AIDS is . . .
9. If a friend got AIDS, most young adults would . . .
10. The public's support for persons with AIDS can be increased by . . .
11. To help combat AIDS, young adults could . . .
12. Concerning AIDS, teenagers need to know . . .

### WORKSHEET 3: UNCLE BILL'S AIDS ADVICE COLUMN

Pretend that your name is Uncle Bill, and you have an advice column that appears in the newspaper. People send letters to you about personal problems, and you suggest a solution.

*Directions:* On another piece of paper, give your advice for solving the problem of each letter below.

#### LETTER 1

---

Dear Uncle Bill:

I've read that people die from getting AIDS, and that the number of AIDS cases is growing very rapidly. I don't want to take any chances of getting AIDS. What's the surest way I can keep from getting AIDS?

For-Sure Sam

#### LETTER 2

---

Dear Uncle Bill:

Because of all the publicity about AIDS, I've become very afraid of getting it. My boyfriend and I have sex with each other only, and we don't abuse IV drugs. What's my chance of getting AIDS?

Afraid Alice

#### LETTER 3

---

Dear Uncle Bill:

I have had sex with someone in a high-risk group. Is it possible that I might have been exposed to the AIDS virus? I'd like to take the AIDS antibody test. But, I'm worried that if the results are positive, they might not be kept private.

Worried Wilma

#### LETTER 4

---

Dear Uncle Bill:

My husband and I want to have a baby. However, I have been tested as having the AIDS antibody. Is it safe to have a baby? Certainly we don't want our child to get the AIDS virus.

Unsure Ursula

#### LETTER 5

---

Dear Uncle Bill:

A friend of mine recently developed AIDS. I know that he needs my support, and I want to remain friends. But, I'm scared to be around him. I heard you could get AIDS from being near a person who has it.

Concerned Carlos

## WORKSHEET 4A: AIDS PROBLEM SITUATIONS

### *Problem Situations*

1. Tyra hasn't had sex with anyone, but she shoots intravenous drugs with her friends. Since reading that AIDS can be passed by sharing IV drug needles and syringes, she wonders if she has gotten the AIDS virus.
2. Charley has sex with other people occasionally. He has heard that some people are infected with the AIDS virus. Charley wants to remain sexually active, but isn't sure which people are at high risk for having the AIDS virus.
3. Paul dates Chris, and they often have sex. Paul doesn't have sex with others, but he thinks that Chris does. Paul also believes that Chris may have had sex with someone in a high-risk group. Neither has taken the AIDS antibody test to determine if they have the AIDS virus. Paul wants to continue having sex with Chris, but isn't sure what can be done to prevent exposure to the AIDS virus.
4. Margarita works very hard to maintain good health. She reads about all aspects of health so that she can know the best preventive health practices. Margarita has received a little information in school about AIDS, but doesn't feel it was enough. She wants to learn more about AIDS and keep current in the future.

**WORKSHEET 4B: AIDS PROBLEM SITUATIONS**

### Form for Solving Problems

Check which problem this form concerns: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

Solving AIDS problems involves a series of steps. These steps make up the decision-making process used to discover the best solution to a problem. This activity asks you to use the major steps in solving an AIDS problem.

**Directions:** After reading the problem given on Worksheet 4A, answer the questions below. Use a separate copy of this form for each problem.

## SOLVING THE PROBLEM

1. What is THE PROBLEM?
2. What are THE IMPORTANT FACTS about the situation?
3. What are THE POSSIBLE ACTIONS?
4. What is THE BEST SOLUTION?



## WORKSHEET 5: TALKING ABOUT AIDS PREVENTION

Most young people do not know how to talk to another person about AIDS prevention. There are few, if any, models for them to follow. Since it is important that any concerns about AIDS be discussed with a partner, the activity is conducted to create some verbal models that can be used for various parts of the discussion.

**Situation:** John and Fran started dating recently and have begun to feel more close physically. They have done some light petting, but have not had sexual intercourse or oral sex. Neither are sure about the lifestyle of the other before they began dating. Fran believes that they will become more sexually involved and is worried about being exposed to the AIDS virus. She wants to talk about AIDS virus prevention, but does not know how.

**Part A: Directions:** Create one or two different examples of what Fran might say to John concerning AIDS prevention.

1. What could Fran say to get the conversation started? That is, how could she begin to express her concerns about possible exposure to the AIDS virus?
  - a.
  - b.
2. What could Fran say in asking John if he has been exposed to the AIDS virus by high-risk sexual and drug-abusing behavior?
  - a.
  - b.
3. Assuming that John has participated in high-risk behavior, what can Fran say in asking him if he has taken the AIDS antibody test?
  - a.
  - b.
4. One option that Fran could do is to not have sexual intercourse with John. What can Fran say to John if she does not want intercourse even though he does?
  - a.
  - b.

5. Another option for Fran is to insist that John wear a condom if they have intercourse. What could Fran say in stating her decision?

a.

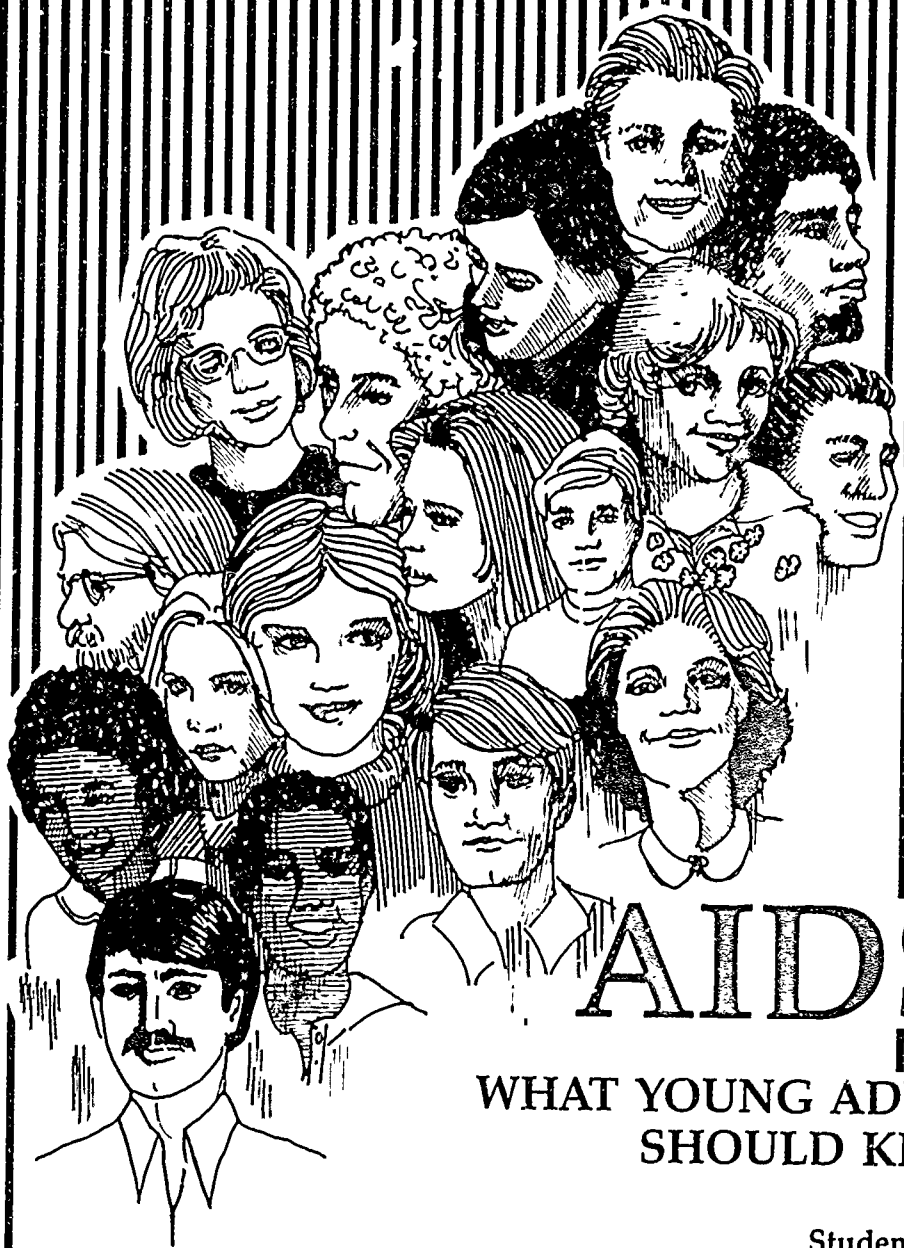
b.

Part B: *Directions:* Describe the best situations (for example, time and place) for a young adult to discuss AIDS virus prevention.

1.

2.

Part C. With one other person in your class, practice talking with someone about AIDS virus prevention using the above situation and the models created. Practice different circumstances involving John. For one conversation one might imagine that John has been exposed to the AIDS virus and has been tested positive. For another conversation, pretend that he has not participated in high-risk behavior, and therefore does not want to wear a condom.



# AIDS:

WHAT YOUNG ADULTS  
SHOULD KNOW

Student Guide

## AIDS/STD INFORMATION SOURCES

Sources for AIDS/STD Information in Your Community:

1. \_\_\_\_\_ 2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

To learn of the nearest place for AIDS/STD medical care or to get the latest information, call:

Local AIDS Hotline \_\_\_\_\_  
(telephone number)

-or-

AIDS National Hotline

1-800-342-AIDS

-or-

VD National Hotline

1-800-227-8922

(In California, 1-800-982-5883)

(In Alaska and Hawaii call your local health department)

\_\_\_\_\_

Minors can get STD treatment without parental consent in every state.  
That's the law.

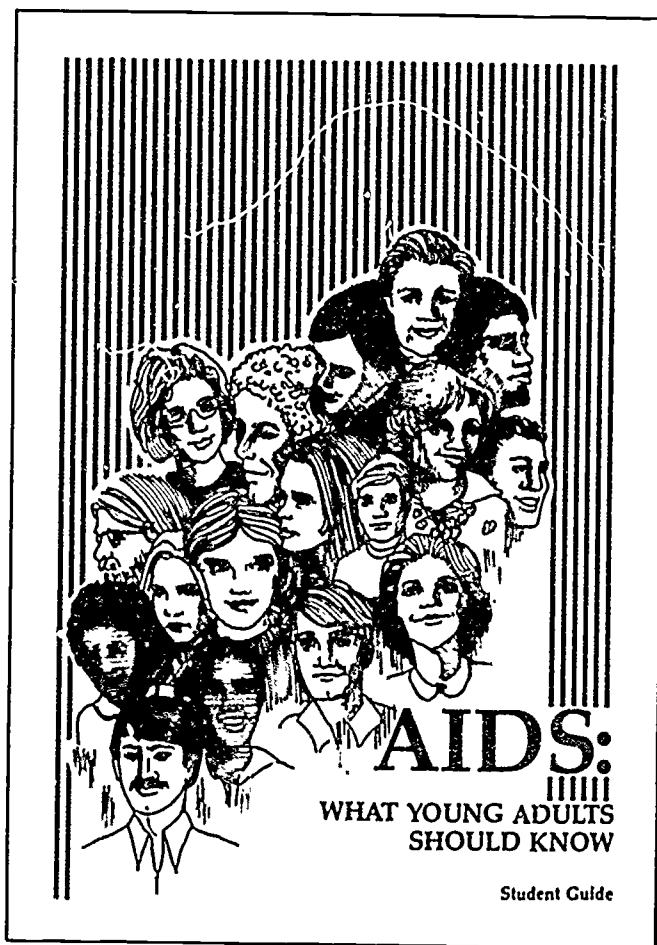
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- 1987 -

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William L. Yarber  
Professor  
Department of Applied Health Science  
Indiana University  
Bloomington, IN 47405

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American Alliance for Health, Physical Education, Recreation and Dance, 1900  
Association Drive, Reston, Virginia 22091

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## INTRODUCTION

AIDS is preventable. It can be prevented by avoiding behavior that results in infection. There is no AIDS cure or vaccine. This guide will inform you about what AIDS is and how the AIDS virus is transmitted. You will learn what a person can do to keep from getting the AIDS virus. You will also learn how one can help promote AIDS prevention.

Accurate knowledge about AIDS is important to all young adults. This is true whether or not the person is at risk. Some young people could get AIDS because of their sexual practices and intravenous (IV) drug abuse. Many are also at risk for other sexually transmitted diseases (STD).

STD are the most common and harmful communicable diseases of young adults. Nearly one-half—5 to 10 million—of all STD patients are under age 25. The prevention suggestions given here for AIDS will also help one avoid all STD.

Hopefully, after reading this guide you will follow the prevention guidelines. *Individual prevention efforts* are the key to avoiding AIDS and stopping the epidemic.

## SELF-TEST I

### AIDS Facts or Fallacies

For each statement below, circle the letter (T, F, or U) that reflects your belief about the statement. Record your answers here if this book is yours to keep, or on another sheet if it is not. This test will not affect your grade, therefore, it is not required. But, you may want to learn how much you already know about AIDS.

One could also answer these questions after reading the guide to see how much was learned. If you do this, do not look at your first answers until you are done.

Answer Key: T = True; F = False; U = Undecided

- T F U 1. Everyone infected with the AIDS virus has developed AIDS.
- T F U 2. The AIDS virus itself usually does not kill the person.
- T F U 3. A person having the AIDS virus can pass it on even though there are no AIDS symptoms present.
- T F U 4. During sexual activity, exchange of body fluids is a way of transmitting the AIDS virus.
- T F U 5. Sharing IV drug needles and syringes puts a person at very high risk for getting the AIDS virus.
- T F U 6. A person can get the AIDS virus from giving blood.
- T F U 7. Only homosexual and bisexual men get AIDS.
- T F U 8. AIDS is not a problem among Blacks and Hispanics.
- T F U 9. Women can transmit the AIDS virus to sex partners.
- T F U 10. A positive antibody test for the AIDS virus means that the person has or will develop AIDS.
- T F U 11. Students who have practiced high-risk behaviors, such as sex with high-risk persons or IV drug abuse, can get confidential AIDS testing and counseling.
- T F U 12. The AIDS virus can be spread through casual contact, such as touching or being near a person with AIDS.
- T F U 13. A person practicing sexual abstinence or partners practicing sexual fidelity who do not abuse IV drugs have almost no chance of getting the AIDS virus.
- T F U 14. The proper use of condoms is a good way to reduce the chance of getting the AIDS virus.

- T F U 15. Persons infected with the AIDS virus through IV drug abuse are not likely to pass the virus to sex partners unless the partner also abuses IV drugs.
- T F U 16. There is a national, toll-free, telephone hotline that provides AIDS information.

**Answers:** The correct answers are given below. Information related to each statement is given in this book. The page where you can learn more about each statement follows the answer.

- |            |            |             |              |              |
|------------|------------|-------------|--------------|--------------|
| 1. F, p. 6 | 5. T, p. 7 | 8. F, p. 9  | 11. T, p. 10 | 14. T, p. 12 |
| 2. T, p. 6 | 6. F, p. 8 | 9. T, p. 9  | 12. F, p. 10 | 15. F, p. 12 |
| 3. T, p. 6 | 7. F, p. 8 | 10. F, p. 9 | 13. T, p. 11 | 16. T, p. 15 |
| 4. T, p. 7 |            |             |              |              |

\* \* \*

## SELF-TEST II

### Thoughts About AIDS

For each statement below, circle the symbol (–, 0, or +) that is most like what you think. Record your answers here if this book is yours to keep, or on another sheet if it is not. This test is not required, but you might enjoy learning about some of your beliefs concerning AIDS.

One could also answer these questions after reading the guide to see if your beliefs have changed. If you do this, do not look at your first answers until you are done.

- |  |          |         |       |
|--|----------|---------|-------|
| 1. AIDS is not as bad as the media portray it.   | –        | 0       | +     |
|  | disagree | neutral | agree |
| 2. People with AIDS get what they deserve.   | –        | 0       | +     |
|  | disagree | neutral | agree |
| 3. AIDS education in schools is a waste of time.   | –        | 0       | +     |
|  | disagree | neutral | agree |
| 4. Teenagers do not need to be taught how to avoid the AIDS virus.                             | –        | 0       | +     |
|  | disagree | neutral | agree |
| 5. Persons practicing sexual abstinence or fidelity to avoid the AIDS virus are over-reacting. | –        | 0       | +     |
|  | disagree | neutral | agree |

Continued on next page

6. Persons do not need to use the condom when having sex with a friend.	-	0	+
	disagree	neutral	agree
7. Students having the AIDS virus should not be allowed to attend school.	-	0	+
	disagree	neutral	agree
8. People with AIDS should not be permitted in public.	-	0	+
	disagree	neutral	agree
9. One should stop being friends with a person who gets AIDS.	-	0	+
	disagree	neutral	agree
10. More help should not be given to persons with AIDS.	-	0	+
	disagree	neutral	agree
11. More money for AIDS research is not needed.	-	0	+
	disagree	neutral	agree

If you circled:

- Reflects an attitude which can help prevent AIDS.
- 0 Reflects no opinion.
- + Reflects a lack of awareness about AIDS.

# AIDS: WHAT YOUNG ADULTS SHOULD KNOW

Did you know that:

1. The AIDS virus is passed (1) during sex, (2) by IV drug needles and blood having the virus, and (3) from an infected woman to her fetus or newborn child.
2. Sexual abstinence or fidelity, and not sharing body fluids are the best ways to prevent getting the AIDS virus.
3. There is no cure or vaccine for AIDS.

## AIDS: WHAT IT IS

The acquired immunodeficiency syndrome\*, or AIDS, is a serious health problem in our country. First diagnosed in 1981, AIDS is caused by a virus which can destroy the body's ability to combat infections. Hence, persons with AIDS can acquire diseases that lead to death. Over 50 percent of persons with AIDS have died. No one has completely recovered from AIDS.

### The Cause of AIDS

Researchers have found that AIDS is the end result of an infection caused by a virus. The virus has been given different names. The shortened form of some of the names are HIV, HTLV-III, or LAV.\*\* HIV is now becoming the preferred term for many scientists. In this guide, we will be referring to the cause simply as the AIDS virus.

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\* Some words are in boldface type. Each of these terms is defined in the "Pronouncing Glossary" on page 18.

\*\* human immunodeficiency virus (HIV)  
human T-lymphotropic virus type III (HTLV-III)  
lymphadenopathy-associated virus (LAV)

## How An AIDS Virus Infection Differs from Having AIDS

Infection means having the AIDS virus in the body. Once having the virus, a person is considered to be infected whether or not AIDS ever develops. Only some persons with the AIDS virus have developed AIDS. Having AIDS means the virus has done enough damage to allow some rare diseases to become established in the person. These diseases are what makes a person with AIDS so ill.

## What Happens When A Person Has An AIDS Virus Infection

The AIDS virus destroys certain cells that help make the immune system active to protect one from diseases. Persons with the AIDS virus may get illnesses that are usually not acquired by people with a healthy immune system. These diseases, known as **opportunistic diseases**, are frequently severe and can cause death. Most persons having the AIDS virus do not know they are infected until the disease **symptoms** develop. The most common illnesses of persons with AIDS are a lung infection called *Pneumocystis carinii* pneumonia (PCP) and a cancer, **Kaposi's sarcoma (KS)**.

Generally, a person infected with the AIDS virus must also have PCP, KS, or other serious conditions to be classified as having AIDS. Some experts believe that other factors may also contribute to the development of AIDS among persons infected with the AIDS virus. These factors may include other infections, alcohol or drug abuse, poor nutrition, physical stress, or illnesses that weaken the immune system.

## Infection Leading to AIDS

The percent of persons infected with the AIDS virus who develop AIDS is not known for sure. Scientists do not understand why only a portion of those infected develop AIDS. For persons developing AIDS, it can take years for the symptoms to appear. But, the AIDS virus can be transmitted soon after a person becomes infected and probably throughout that person's life. The specific symptoms of the AIDS virus infection will be described later.

## Infection Without AIDS

Most persons with the AIDS virus who do not develop AIDS seem to remain healthy. However, some have mild to severe illnesses. Some of these develop a specific set of symptoms known as the **AIDS-related complex (ARC)**. Whether or not those infected will develop AIDS or some other serious condition is not known. However, these persons can still transmit the AIDS virus to others.



## The Size of the Problem

The number of AIDS cases is increasing in our country and many other nations. Since AIDS is only the end outcome of infection with the AIDS virus, the number of AIDS cases is like the tip of a very large iceberg. For instance, there may be one to two million persons in the United States infected with the AIDS virus. Yet, only a fraction of these people have developed AIDS. Slightly over half of AIDS cases are from California and New York. Experts believe that about 220,000 people in the United States will have AIDS by 1991, with 137,000 having died.

As yet, there is no cure for AIDS. Nor is there a vaccine to prevent infection with the virus. AIDS has become the top research priority of the U.S. Public Health Service. Many scientists are working hard to develop prevention and treatment methods.

For now, prevention of the AIDS virus infection is the best way of slowing the epidemic. Practicing prevention methods is the surest way each person can help control AIDS.

## THE AIDS VIRUS: HOW IT IS TRANSMITTED

### Methods of Transmission

The AIDS virus is present in certain body fluids, mainly semen and blood. A person gets the virus by exposure to these infected body fluids. The AIDS virus is not highly contagious. The virus may also be present in urine and vaginal secretions. Anyone, heterosexual, homosexual, or bisexual engaging in risky sexual or drug-abusing behavior with an infected person can acquire the AIDS virus. There are three ways the AIDS virus can be transmitted:

1. *Sexual Contact.* Intimate sexual contact is the most common way the AIDS virus is transmitted. It can be passed when an infected person exchanges semen or blood with a sexual partner during anal intercourse or vaginal intercourse. Oral-genital or oral-anal sex may also be ways the AIDS virus is transmitted. Anal intercourse can result in tears of the rectum tissue that can allow the virus to enter the bloodstream.
2. *Exchange of Blood.* Blood-to-blood contact between an infected person and someone else is the second most common way the AIDS virus is passed. This method of transmission is now almost entirely limited to persons injecting illicit drugs. The sharing of IV drug needles and syringes allows the exchange of blood.

Early in the AIDS epidemic, some infections were transmitted by transfusions of blood or certain blood products. For example, many persons with hemophilia became infected this way. Since 1985, donated blood is screened by a new test that detects antibodies to the AIDS virus. Any blood having the antibodies is not used for transfusion. Donors of semen and body organs are also tested for the AIDS antibodies.

The AIDS antibody test does an excellent job of detecting AIDS antibodies. Thus, the blood supply is now very safe. Also, persons who are at high risk for having the AIDS virus are requested not to donate blood. Scientists say that it is now nearly impossible to get AIDS from blood transfusions. the chances are about 1 in a million. The blood-clotting factor given to hemophiliacs now receives a special treatment that kills the AIDS virus.

Lastly, a person cannot get AIDS from donating blood. All equipment used to take blood donations is sterile.

3. *Mother to Child.* Only about 1 percent of AIDS cases in the U.S. occur in children. Most children got the AIDS virus from their infected mothers during pregnancy or childbirth. A few children got the AIDS virus from blood transfusions. The virus may also be transmitted by breast-feeding. Hence, women who have a positive AIDS antibody test should consider postponing pregnancy and should not nurse. Not every child of an infected mother acquires the virus. Why infection occurs in some infants and not others is unknown at this time.

### Major-Risk Groups

So far in the United States, over 90 percent of persons with AIDS are.

1. *Homosexual and Bisexual Men.* Accounts for about 74 percent of persons with AIDS. Some of these were also IV drug abusers.
2. *Heerosexual IV Drug Abusers.* Accounts for about 17 percent of persons with AIDS.
3. *Heterosexual Sex Partners of Persons With AIDS or at Risk for AIDS.* Accounts for about 4 percent of persons with AIDS. Many of these persons were sexual partners of IV drug abusers.
4. *Recipients of Transfused Blood or Blood-Clotting Factor.* Accounts for about 3 percent of persons with AIDS. Includes hemophiliacs who received the blood-clotting factor. Because the blood supply is now safer, very few new infections are expected to occur.

About 3 percent of persons with AIDS do not fit into these groups. The information about some of these persons is incomplete. Some have died, are too ill to be interviewed, or have refused to be interviewed. A few persons whose only known risk is having many heterosexual partners have also gotten AIDS. AIDS is also seen sometimes in children born of infected women.

Some experts believe that the number of infected heterosexual men and women will increase gradually. There are probably more of these persons infected now than the records indicate. Some do not have AIDS symptoms yet because of the long incubation period. The U.S. Public Health Service predicts that heterosexual men and women, who do not abuse IV drugs, will account for 10 percent of AIDS cases in 1991.

AIDS is a problem among all races, including Blacks and Hispanics. One-fourth of AIDS cases in the U.S. are among Blacks, and 14 percent are among Hispanics.

### **AIDS Outside the United States**

AIDS has been reported in most European countries and several African nations. Also, the Caribbean and South American countries, Australia, and parts of the Middle East and Asia have AIDS cases.

The majority of persons with AIDS in our country and most European nations are homosexual and bisexual men. However, in other parts of the world, such as Haiti and Africa, AIDS is more common among heterosexual men and women than in the United States. In many central African countries there are nearly equal numbers of females and males with AIDS. This suggests that heterosexual transmission is an important way the AIDS virus is passed.

### **Knowing If One Is Infected**

Since the AIDS virus is not transmitted by casual contact, most people do not need to worry about whether they are infected. A person should be concerned only if one is or has been a member of a major-risk group, or had sex with people who are in major-risk groups.

The AIDS antibody test is available to persons suspecting infection. Presence of these antibodies (positive test results) means that the person has been infected with the virus. Persons with a positive test can transmit the virus to others. It is important to know that a positive test result does not mean that the person has or will develop AIDS. Some persons with the positive test become ill and others do not. The percent who will become ill is not known.

The antibody test is very accurate. However, no test of this type is perfect. For example, a few persons' test results may be positive when there are no antibodies present (called false positives). This is why every positive test is repeated, sometimes up to three times, before a person is informed of the positive test results. Most false positives are excluded by this process.

An infected person may test negative when there are antibodies (false negative). However, these cases are rare. Also, a test taken very soon after becoming infected may be negative. There may not have been enough time for the antibodies to develop.

If a person is not at risk for getting the AIDS virus, there is no need to take the test. If one is at risk, it may be wise to talk with a health care counselor about whether the test should be taken. Some people have concerns about the **confidentiality** of test results. Local or state health departments provide confidential testing for all persons, including teenagers, at AIDS counseling and testing sites. Positive test results can help infected people make important decisions about their health and the health of others.

### Symptoms of Infection with the AIDS Virus

The symptoms of infection with the AIDS virus may not appear for a long period of time. The time between acquiring the virus and having symptoms, called the incubation period, ranges from a few months to several years or longer. Some symptoms of AIDS virus infection are like common minor illnesses, such as the cold or flu. However, the symptoms may not go away or they may keep returning.

Symptoms of persons infected with the AIDS virus can include: tiredness, fever, loss of appetite and weight, diarrhea, night sweats, and swollen lymph glands. The presence of these symptoms *may* indicate an AIDS infection. Some persons infected with the AIDS virus have these symptoms throughout their illness. Others are in good physical condition, or have both periods of health and illness.

A person cannot determine if he or she has the AIDS virus. Only a physician can diagnose the condition. Anyone at risk who has the AIDS symptoms for more than two weeks should see a physician.

### Fallacies About AIDS Transmission

Many people have developed a strong fear of AIDS. This fear has come about for several reasons. For example, people know that AIDS is a deadly disease. Information about AIDS is reported almost daily in newspapers and on radio and television. Also, there are many myths about how the AIDS virus is transmitted.

For some persons, fear of AIDS is justified. They have been at risk because of their sexual behavior or abuse of IV drugs. But, for most people, fear of AIDS is NOT justified.

The AIDS virus is not spread by casual, social, or family contact. Many transmissible diseases like the cold, flu, or measles are passed through sneezing, coughing, sharing of utensils, or being around an infected person. AIDS is different. No cases have been found where the AIDS virus has been transmitted by these means.

People can work with others, use public toilets and swimming pools, eat at restaurants and attend public events without the fear of getting the AIDS virus.

One has no risk of getting the virus, for example, when eating with or touching a person of a high-risk group. Also, children with the AIDS virus infection pose no risk for other students in the school setting.

The AIDS virus has sometimes been found in saliva and tears. However, the amount of virus found in these fluids is very small. This may explain why there have been no reported cases where the virus was passed through these fluids, such as by kissing.

Persons caring for another family member with AIDS who take normal precautions are not at risk for AIDS. This is also true for health workers who care for AIDS patients. Ambulance drivers, police, and firefighters who have assisted persons with AIDS have also not become infected.

Some people have worried that insects, like flies and mosquitos, can spread the AIDS virus. Scientists have even discovered traces of the AIDS virus among insects from some countries in central Africa where AIDS is a major health problem. However, nothing shows that any of these insects are capable of transmitting the virus or have ever done so. Studies of persons with AIDS in these central African nations indicate transmission through sexual contact or the use of unsterile needles or syringes.

Remember, the AIDS virus is hard to transmit. It is passed only during intimate sexual behavior, the sharing of IV drug needles, and from an infected woman to her fetus.

## THE AIDS VIRUS: HOW IT CAN BE PREVENTED

Persons can reduce their risk of getting the AIDS virus by doing certain things. The behaviors listed below should be followed to prevent the spread of the AIDS virus.

### Risk Reduction Related to Sex

A person who is sexually active can get or spread the AIDS virus during sex. The sexual precautions for preventing AIDS are like those used for other sexually transmitted diseases.

1. **Sexual Abstinence.** One of the surest ways of not getting the AIDS virus is to avoid sexual intercourse and other intimate sex.
2. **Sexual Fidelity.** It is nearly impossible for a couple—heterosexual or homosexual—practicing sexual fidelity to get AIDS. This is true unless one partner is infected at the start of the relationship, or abuses IV drugs and shares needles or syringes. However, it is not always possible to know whether one's partner is sexually faithful.
3. **Avoid Exchange of Fluids.** One should avoid genital or mouth contact with a partner's semen, blood, vaginal secretions, or body waste. The proper use of

condom.s prevents these fluids from entering one's body. The condom should be used for all types of sexual contact. Even then, there is still some risk since the condom is not 100% effective. Persons, particularly those of high-risk groups, might want to explore ways of showing affection that do not result in the exchange of body fluids.

4. *Careful Selection of Partners.* Anyone thinking of having sex with another person should carefully choose the partner. One cannot determine if a person has the AIDS virus. Therefore, it is important to know if a partner is at risk, or has had partners at risk. One should feel free to discuss concerns about AIDS with the person. Stating that you care about the health and well-being of both of you can be a way of starting the talk.

The following persons are at increased risk for being infected with the AIDS virus:

- \*homosexual and bisexual men
- \*present or past IV drug abusers
- \*persons with evidence of infection with the AIDS virus
- \*persons living in countries where heterosexual transmission is thought to play a major role
- \*male or female prostitutes and their sex partners
- \*sex partners of infected persons or persons at increased risk
- \*all persons with hemophilia who received the blood-clotting factor

If a person has sex with a member of these groups, the condom or another method that avoids exchange of fluids should be used. It is not always possible to know if a person is a member of a high-risk group or is infected with the AIDS virus. Therefore, the surest way to protect oneself beyond sexual abstinence or fidelity is to use the condom. Remember that the condom only reduces your chances of infection.

5. *Avoid multiple sex partners.* The more sex partners a person has the greater the chance of getting the AIDS virus.

### **Risk Reduction Related to Drug Abuse**

Persons abusing intravenous drugs often share their needles and syringes. This can result in blood being exchanged. If the blood contains the AIDS virus, then the virus can be passed to anyone who uses the infected needle or syringe.

The best way of not getting the AIDS virus from drug needles and syringes is not to abuse IV drugs. If a person does use illicit drugs, needles should never be shared or used. Since abuse of IV drugs has major health risks, users should seek help in a drug treatment program.

A person abusing IV drugs is more likely to acquire certain diseases. Some drugs like alcohol, amphetamines (speed), marijuana, and nitrites (poppers)



may tend to weaken the immune system, but this is not proved. Also, drug use may alter one's judgment. The person might try a high-risk behavior.

### Control Strategies

As stated earlier, AIDS cannot be cured and there is no vaccine. Drugs which destroy the AIDS virus and restore the immune system are not available. Some drugs inhibit the action of the virus. But the patient's health does not improve. Yet, many of the opportunistic diseases of AIDS can be treated. For these patients, a long, active life is often possible.

Scientists are also trying to create a treatment and vaccine for the AIDS virus. This task has been very difficult. There are many obstacles to overcome and their discovery is not expected soon.

Prevention is still the best way to deal with AIDS. Health education programs are under way. Such programs are aimed at the general public and high-risk groups. They try to show people the advantages of adopting low-risk behaviors.

Persons in the high-risk groups are encouraged to take the AIDS antibody test. Since those with a positive test could have the virus, they are asked to avoid exposing others. This is done by practicing no-risk or low-risk sexual and drug-using behaviors. They are also asked not to donate blood, semen, or body organs and tissues. Persons with the positive test are also encouraged to get their sex and needle-sharing partner(s), and perhaps their babies and children, tested for AIDS virus antibodies. Those with negative results are also encouraged to practice low-risk behaviors to reduce the chances of infection.

## AIDS: WHAT ELSE I NEED TO KNOW

### Promoting AIDS Prevention Efforts

Recently, resources and human concern related to AIDS have increased. Yet there is more that can be done. Often, a nation's people can do as much to solve a health problem as medicine and the government. Individuals like you can do certain things to help fight AIDS.

1. *Correcting Misinformation.* There are many myths about AIDS. When talking with others about AIDS you can correct any of their fallacies. Also, one could create an AIDS resource center of accurate information in your school or town. The center could contain articles, research reports, pamphlets, and books. Call your state or local health department or the AIDS National Hotline (1-800-342-AIDS) for ideas about materials.
2. *Providing Financial Support.* Much more money is needed to conquer AIDS. Funds can help many projects, such as educational programs and medical research. More health care resources are desired for persons with AIDS. Increased support services for persons with AIDS and their families and

friends would be valuable. A person could make a financial gift to AIDS causes. Further, one could organize fund-raising drives through a club or similar group. If there is a local AIDS support group in your area, call to see what you can do.

3. *Voicing Concern to Officials.* Schools, businesses, and government agencies are developing policies or laws concerning AIDS. One should be alert to what legislation is being proposed. Persons should make their opinions known to officials and legislators. Hopefully, more people can be advocates for increased AIDS research and health care services.
4. *Supporting a Friend with AIDS.* Many persons with AIDS have been mistreated. Some have lost jobs and homes. Others have been denied medical and social services. Still others have been rejected by family, friends, and co-workers. Hence, many persons with AIDS have felt isolated and emotionally distressed.

If a friend develops AIDS, you may be fearful and confused about what to do. First, remember that the AIDS virus is not passed by casual contact. This means that hugging and handholding, for example, will not infect you.

The friend needs your support and understanding. You should treat the person as you have in the past. Tell the person that you will continue being a friend. Continue sharing activities and conversation. The friend may want to discuss worries and concerns.

The families of persons with AIDS also need help. They are living with the fact that their loved one is dying. Concerned friends can be very valuable to these families.

5. *Serving as an AIDS Volunteer.* There are several ways a person could volunteer to help fight AIDS. Besides being an information resource, one could assist persons with AIDS and their families. For example, some may need transportation to treatment or help in home care. One could organize an educational program. Also, a person could direct group efforts to influence policies and laws concerning AIDS.

### Keeping Informed About AIDS

Since AIDS is a major research priority, new information that affects us is often found. It is important to keep up-to-date. Some new finding may help prevent persons from getting the AIDS virus. There are sources where a person can get the latest facts. Also, there are ways one can share the information with others.

1. *Sources of Information.* A person can contact the local or state health department, a physician, or a local AIDS telephone hotline. These sources can also tell you the location of testing, health care, and support services. The local health department is usually listed in the telephone book under

county or city government offices. Your teacher can help you learn how to contact these people or groups.

Once you have the above information, write it on the form on the inside front cover of this book. If you cannot keep this book, ask your teacher for a copy of the form. With the information on the sheet, hopefully one can easily get the details for contacting the sources if needed.

There is a national, toll-free, telephone number that can also be called. The U.S. Public Health Service has the 24-hour AIDS National Hotline at 1-800-342-AIDS.

2. *Sharing AIDS Facts With Others.* Others, like your friends or parents, may not be as well informed about AIDS as you. You can tell them that you have learned the latest facts about AIDS, and would be glad to share them. This guide can also be loaned to others.

The AIDS Summary Sheet, found on the inside back cover of this guide, can be distributed. It could be printed in your school newspaper or placed on a school bulletin board. Also, ask your library to get this book and other materials from the health department.

## Hope for the Future

As the AIDS problem continues to worsen, research efforts have become more important. Scientists are now working hard in several areas. For example, they are trying to develop treatments for those infected. Tests to better detect who has the virus are being developed. Drugs that will restore the immune system are also needed. Experts are studying how the virus is spread and ways to control the epidemic. It appears that the solutions to these problems are not as near as we would like. Many more resources are needed.

AIDS is more than a medical problem. It also affects the social, economic, political, and legal segments of a community. Hence, the whole community must work together to prevent AIDS and care for persons with AIDS. Health-care workers, social and government agencies, civic and advocate groups, religious organizations, and researchers should unite to combat AIDS. Hopefully, as people learn more about AIDS, our capacity to respond with compassion and greater resources will also expand.

\* \* \*

Check-up (place answers here only if you can keep this book):

1. What are the three ways the AIDS virus is transmitted? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What device should be worn over the penis during sex to avoid exchanging body fluids? \_\_\_\_\_

3. It is nearly impossible for a couple—heterosexual or homosexual—to get the AIDS virus when both are practicing sexual fidelity. TRUE FALSE
4. The fear of getting AIDS from casual contact is justified. TRUE FALSE
5. Only homosexual and bisexual males get AIDS. TRUE FALSE

#### Answers to Check-up:

1. The AIDS virus is passed (1) during sex, (2) by IV drug needles and blood having the virus, and (3) from an infected woman to her fetus or newborn child.
2. The condom It should be used during all types of sexual contact.
3. TRUE. The chance is nearly zero unless one person had the AIDS virus when the relationship began, or abuses IV drugs and shares needles and syringes.
4. FALSE. Unless the person practices risky sexual or drug behavior, it is nearly impossible to become infected with the AIDS virus. This virus is not spread by casual, social, or family contact.
5. FALSE. Heterosexual females and males have gotten AIDS.

**What Do You Think?** (Don't write your responses to these questions, but do try to answer them in your mind.)

1. Are most young people responsible enough to follow the prevention guidelines to keep themselves, and any sex partner or friend, free of the AIDS virus?
2. Could you continue being friends with someone who acquired AIDS? Why?
3. Is it right to discriminate against people with AIDS?
4. What could be done to help people become more supportive of AIDS research and more compassionate toward persons with AIDS?

**Life Situation** (Try solving this problem before reading the answer.)

Laura and Dave attend the same school and began dating recently. Sometimes they have sex. Dave abuses IV drugs. Laura has heard all the news reports about AIDS, and certainly wants to avoid it. She is quite sure that she has no risk. Besides, Laura contends, women do not get AIDS.

**Question:** Is Laura correct in assuming that she has low risk for getting AIDS? What information does she need to know about AIDS and IV drug abuse and women? Can she be completely sure that Dave is not at risk?

Answer: Laura is wrong in believing that she has low risk for AIDS. If Dave has the AIDS virus in his blood she can become infected during sex. Women have contracted the AIDS virus from sex partners who are IV drug abusers. If Laura wants to continue having sex, she should insist that Dave use a condom for all sexual contact. Also, no body fluids should be exchanged between them. She should also consider being tested for the AIDS antibody and encourage Dave to be tested too. If Laura's test results are positive, she should avoid pregnancy.

## PRONOUNCING GLOSSARY

acquired immunodeficiency syndrome	(uh-CHOIR-d im-YUNE-oh-de-FISH-un-see SIN-drome). A serious illness caused by a virus that damages the body's immune system.
AIDS	The initials for the illness "acquired immunodeficiency syndrome."
AIDS-related complex	(AIDS re-LAY-tid kahm-PLECKS). A condition in which a person infected with the AIDS virus has a set of specific symptoms, but has not developed AIDS.
amphetamines	(am-FET-uh-meens). A group of drugs that stimulate the body's central nervous system.
anonymous	(uh-NON-uh-mius). The person's lifestyle is not known.
anal intercourse	(A-null IN-ter-course). Sexual union involving the penis in the rectum.
antibodies	(AN-ti-bahd-eez). Substances in the blood produced by the body's immune system to fight against germs.
ARC	The initials for "AIDS-related complex."
bisexual	(by-SEK-shuh-ul). A person who is sexually attracted to both females and males.
blood-clotting factor	(blud KLAHT ing FACK-ter). A blood protein that stops bleeding.
casual contact	(KAZ-you-ul KON-takt). Non-sexual body contact including touching, hugging, and handshaking, and sitting closely together.
condom	(KON-dum). Rubber cover used over the penis. Used during sexual activity to prevent the exchange of semen. Offers protection against the AIDS virus and other STD.
confidentiality	(KON-fi-DEN-she-AL-eh-tee). Information is kept private.
diagnosed	(die-ag-NOST). Identifying which disease a person has.
fetus	(FEET-us). The later stages of growth of a baby inside the uterus.
hemophilia	(HE-muh-FILL-ee-uh). Difficulty controlling bleeding because of the lack of one component necessary for blood clotting.

heterosexual	(HET-eh-row-SEK-shoo-ul). A person who is sexually attracted to the other sex.
homosexual	(HO-muh-SEK-shoo-ul). A person who is sexually attracted to someone of the same sex.
illicit drugs	(ih-LIS-it). Illegal drugs such as heroin.
immune system	(im-YUNE SIS-tem). A body system that protects one from diseases.
incubation period	(in-kew-BAT-shun PEER-e-ud). The period between when a person is first exposed to an infection and when symptoms appear.
infection	(in-FECK-shun). Contamination with germs such as viruses and bacteria.
intravenous drugs	(IN-truh-VEE-nus). Drugs injected into a vein.
IV drug needle	A needle connected to a syringe that is used to inject drugs directly into a vein.
IV drug	The initials for "intravenous drug."
Kaposi's sarcoma	(KAP-oh-sees sar-COMB-uh). A rare form of cancer often acquired by persons with AIDS.
KS	The initials for "Kaposi's sarcoma."
marijuana	(MAIR-uh-WAH-nuh). An illegal drug in which the dried leaves of the cannabis plant are smoked.
nitrites	(NYE-trites). A stimulant drug, also known as "poppers."
opportunistic diseases	(OP-poor-tune-IS-tic di-ZEEZ-ez). Cancers and infections that invade a person whose immune system is weakened by, for example, the AIDS virus.
oral-anal sex	(OR-el—A-null SEKS). Touching a partner's anus with the mouth.
oral-genital sex	(OR-el—JEN-a-tul SEKS). Touching a partner's genitals with the mouth. Also, commonly called "oral sex."
PCP	The initials for " <i>Pneumocystis carinii</i> pneumonia."
<i>Pneumocystis carinii</i> pneumonia	(new-mo-SIS-tis kar-IN-e-eye noo-MOAN-e-uh). A lung infection having symptoms similar to severe pneumonia.
prostitute	(PRAHS-tih-toot). A person who receives money for having sex with someone.
recipient	(ree-SIP-ee-unt). A person who receives something.



rectum	(REK-tum). The lowest part of the large intestine.
saliva	(suh-LIE-vuh). The clear liquid in the mouth, also called "spit."
semen	(SEE-men). The fluid that is expelled from the penis during orgasm.
sexual abstinence	(SEK-shoo-ul AB-sta-tience). Not having sex with another person.
sexual fidelity	(SEK-shoo-ul Fa-DEL-a-tee). Having sex with one person only.
sexually transmitted diseases	(SEK-shoo-ul-ee TRANS-mit-ed di-ZEEZ-es). Diseases most often passed from person to person during sex.
STD	The initials for "sexually transmitted diseases."
symptoms	(SIMP-tums). Subjective evidence of an illness. Changes in a person's health that can be seen or felt.
syringes	(SIR-inj-es) Devices used to inject drugs directly into the blood.
transfusion	(tranz-FYOO-shun). The transfer of blood from one person to another.
transmitted	(TRANS-mit-ed). Passed along from one person or place to another.
urine	(YOUR-in). Liquid waste from food expelled through the urethra.
vaccine	(vak-SEEN). A liquid substance given to a person to cause immunity to an infectious disease.
vaginal intercourse	(VAJ-eh-nul IN-ter-course). Sexual union involving the penis in the vagina. Also, commonly called "sexual intercourse."
vaginal secretions	(VAJ-eh-nul see-KREE-shuns). A liquid discharge from the vagina.
virus	(VY-rus). The smallest organism that can cause disease.

# AIDS SUMMARY SHEET

AIDS, or acquired immunodeficiency syndrome, is becoming one of the most serious epidemics of modern times. The number of cases is increasing in the United States and many other nations. One to two million persons in the U.S. may have become infected with the AIDS virus. Only a fraction of these people have developed AIDS. Over 50 percent of those with AIDS have died. No one has completely recovered from AIDS.

**WHAT AIDS IS.** AIDS is caused by a virus that weakens the immune system. The infected person may develop problems in fighting certain infections. The diseases acquired, not the AIDS virus, usually kill the person. It is not known for sure what percent of persons infected with the AIDS virus will actually develop AIDS or become ill. The virus can be transmitted soon after the person becomes infected. This is true even if the person does not develop AIDS.

**HOW THE AIDS VIRUS IS TRANSMITTED.** The AIDS virus is present in semen and blood. The AIDS virus is not highly contagious. It is transmitted by sexual contact and sharing IV drug needles and syringes. The virus can also be passed from a woman to her fetus or newborn child. Anyone, heterosexual, homosexual, or bisexual engaging in risky sexual or drug-abusing behaviors with an infected person can get the AIDS virus.

Currently in the U.S., over 90% of AIDS cases have been homosexual and bisexual men (about 74%), heterosexual IV drug abusers (about 17%), heterosexual sex partners of persons with AIDS or at risk for AIDS (about 4%), and recipients of transfused blood or blood-clotting factor (about 3%). In Africa, a large proportion of cases appears among heterosexuals. Some experts believe that the percentage of infected heterosexual men and women will increase in the U.S.

The AIDS virus is not spread by casual, social, or family contact. One cannot get the virus by touching or being near a person with AIDS.

**HOW AIDS IS DIAGNOSED.** A person should be concerned about being infected with the AIDS virus if one is a member of a high-risk group or has sex with a person who is. There is now a test for antibodies to the AIDS virus. Positive test results mean that the person has been infected with the virus. But, the person may not have or ever develop AIDS. The development of certain serious illnesses is how doctors determine if a person has AIDS. The test is mainly used to screen blood, semen, and organs. Only high-risk persons should consider taking the test. Local or state health departments provide confidential testing for all persons, including teenagers, at AIDS counseling/testing sites.

The incubation period for AIDS ranges from a few months to many years. Symptoms of infection with the AIDS virus include: tiredness, fever, loss of appetite and weight, diarrhea, night sweats, and swollen lymph glands. Only a physician can diagnose AIDS.

**PREVENTING AIDS.** The sexual precautions to prevent getting the AIDS virus are: (1) sexual abstinence, (2) sexual fidelity, (3) avoiding exchange of body fluids by using a condom, and (4) avoiding sex with persons at increased risk. If a person has sex with a member of a high-risk group, the condom or another method that avoids exchange of fluids should be used. Lastly, although it is better not to use IV drugs at all, no one should ever share IV drug needles.

**PROMOTING AIDS PREVENTION EFFORTS.** One can help fight AIDS by (1) correcting misinformation, (2) providing financial support, (3) voicing concern to officials, and (4) supporting a friend with AIDS.

**KEEPING INFORMED ABOUT AIDS.** One can contact the local or state health department, a physician, or a local AIDS hotline for the latest AIDS information and material. These sources can tell you the location of AIDS testing, health care, and support services. Also, the AIDS National Hotline (1-800-342-AIDS) can be contacted.

Even though there is no cure or vaccine for AIDS, infection with the AIDS virus can be prevented. The best defense is to follow the prevention guidelines presented